Vol.1 N°1 150bht where sold

Khaolak

TRAVEL CULTURE LIFESTYLE NATURE

VISITKHAOLAK.com

THE BEAUTY OF
The Similan Islands
Our world-famous National Marine Park re-opens for the new season

PARADISE FOUND
The little-known delights of Koh Ra

Lord of the RING
Meet Khao Lak's Muay Thai Legend

BEGINNER'S GUIDE to Loy Krathong

WIN A HOLIDAY!
Shoot to thrill in our Readers' Photography Competition

VISITOR GUIDES INSIDE!
Khao Lak info, beach guide, dining reviews and more!

RAMADA®
KHAO LAK RESORT

Your dream beachfront holiday awaits at our award-winning, family-friendly resort. We've got a superb beach and pool, friendly staff, great rooms/villas and excellent food. Actually, all we're missing is you.

In unserem preisgekrönten und familienfreundlichen Resort erwartet Sie ein traumhaft schöner Strandurlaub. Wir verfügen über einen herrlichen Sandstrand und einen großartigen Pool, hervorragende Zimmer und Villen, wir bieten eine exquisite Küche und überaus freundliche Mitarbeiter. Jetzt brauchen wir nur noch Sie.

Private Pool Villas Each chic new Private Pool Villa boasts a private swimming pool, Jacuzzi and more

Jede unserer stilvollen privaten Pool Villen verfügt über einen eigenen Pool, Jacuzzi und vieles mehr.

Romance From fairy tale beachfront weddings to the ultimate in romantic getaways, we've got you covered

Sie können bei uns alles erleben: vom romantischen Liebesurlaub bis zur Traumhochzeit am Strand...wir erfüllen ihnen jeden Wunsch!

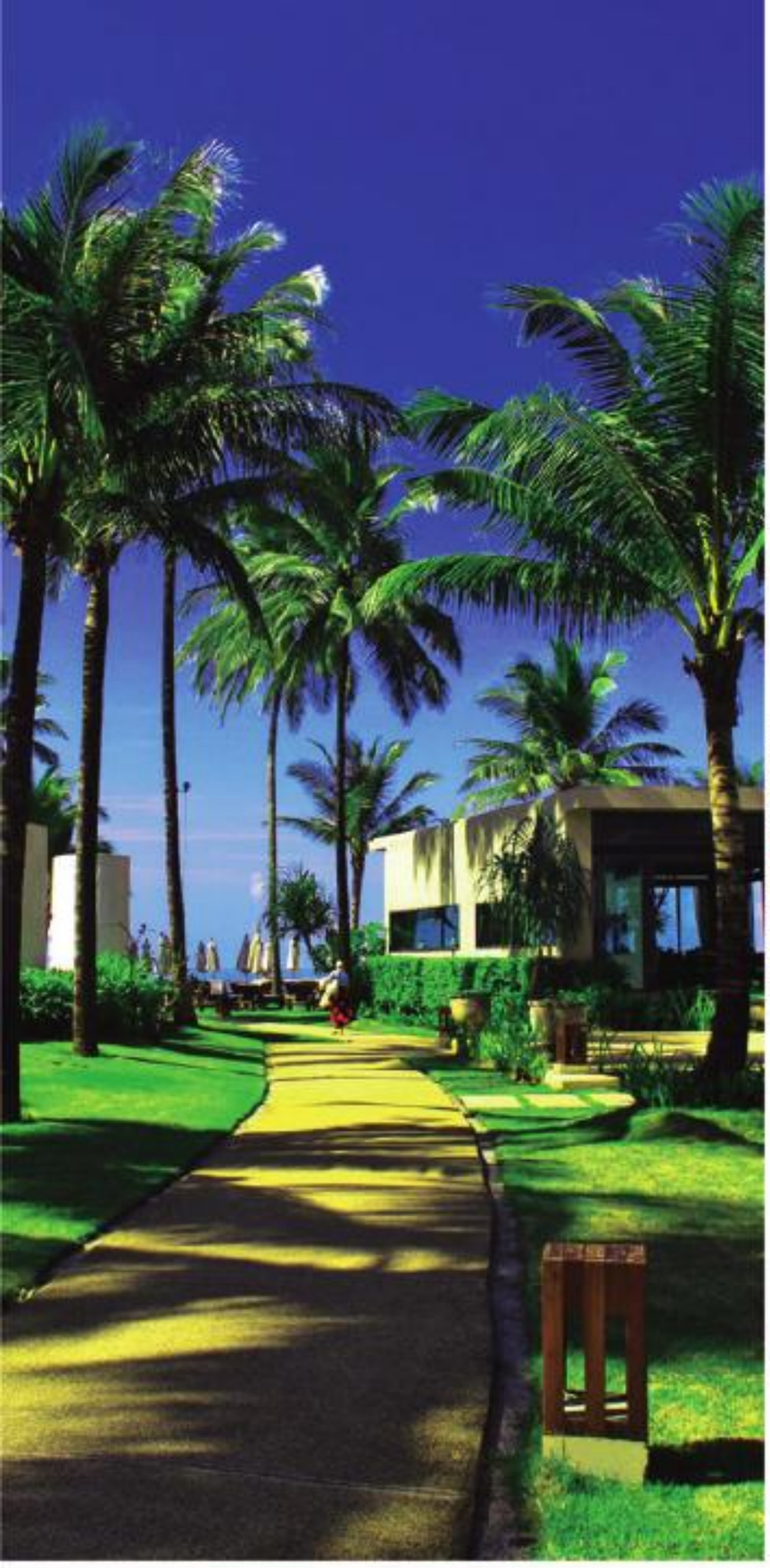
Dining By the ocean, the pool or in the restaurant we serve up treats for even the most discerning of palates

Ob am Meer, am Pool oder im Restaurant: wir servieren ihnen Köstlichkeiten für Feinschmecker und Genießer.

59 Moo 5, Tambon Kukkak, Takuapa District
Phang Nga 82190, Thailand
T: **(66) 076 427777**
F: **(66) 076 427784**

RAMADA®
KHAO LAK RESORT

Visit our website www.ramadakhaolak.com
Email: rsvn@ramadakhaolak.com
facebook: www.facebook.com/ramadakhaolak



RAMADA®

KHAO LAK RESORT

SAVE 10%

EXCLUSIVE OFFER FOR KHAOLAK MAGAZINE READERS!
Take a photo of this box on your mobile phone or camera, then show it to staff at Sassi's - the Ramada's beachfront bar and restaurant - to qualify for a 10% discount on all food and drink.

CODE: **RKL 888**

HolidayCheck.com ★★★★★ QUALITY SELECTION 2013

HolidayCheck Award 2013

WINNER TRAVELERS' CHOICE 2013 RAMADA KHAO LAK RESORT tripadvisor

INGFAH

INGFAH Bar & Restaurant

Khao Lak's Most Unique & Inspiring Venue

The only place for **'Molecular Cocktails'**
and **'Tapas'** experienced in a modern and
sensual setting under the starry sky

Open daily 18:00 - 23:00

la aranya

La Aranya Restaurant

International Cuisine by the Beach

Our expert chefs present
an **international menu with a Thai twist,**
in a friendly and relaxing ambience

Open daily 06:00 - 23:00

Exclusive COUPON for KHAOLAK MAGAZINE Readers

INGFAH

10% DISCOUNT
on food and beverage

Terms & Conditions:

The discount does not apply to purchases of wine.
The discount is non-refundable and cannot be redeemed for cash.
The coupon must be presented to staff on arrival.
The coupon is valid from 1 October 2013 - 31 May 2014.

Book a unique dining experience 076 428 999

Location: Bang Niang Beach, Casa de La Flora

www.ingfahkhaolak.com

facebook.com/ingfahkhaolak

For Taxi: โรงแรมคาซา เดอ ลา ฟลอร่า หาดบางเนียง

CONTENTS

19

46

32

38

62

56

VISITOR GUIDES

10 **This Is Khao Lak**
Maps, info and more for newbies

34 **Driving the Coral Cape**
A self-drive (or ride) tour of Cape Pakarang and Pakweep Beach

38 **Life's a Beach**
There's over 20km of beaches to choose from. Our guide will help

64 **Nightlife Guide**

FEATURES

19 **The Similan Islands**
A photo feature on Khao Lak's world-famous diving destination

28 **Koh Ra…Paradise Found**
We stay under canvas on this beautiful, 'unseen' island

46 **The Magic of Loy Krathong**
A beginner's guide to Thailand's most charming festival

PEOPLE

62 **Lord of the Ring**
A biography of local Thai boxing legend 'Tuk' Chokkeau

70 **Rescuing Khao Lak**
We meet the unpaid volunteer heroes looking out for all of us

REVIEWS

36 Sun Ray Restaurant
51 Bavaria House Jane Isaan
56 Casa de La Flora's 'spa la casa'
68 Mars Bar & Café

AROUND THE REGION

32 Sai Rung Waterfall
44 Koh Khao Island
60 Khao Sok

VISITOR GUIDES

52 **Win a FREE Holiday!**
Submit your best Khao Lak photos in our Readers' Photo Competition

LAUNCH PROMOTIONS!

SAVE 400,000 THB

Sureeporn Plaza & Condominium 4

CONSTRUCTION STARTS SOON! DON'T MISS OUT - BUY NOW & SAVE!

Style A: 3.5 Floors (35 Units)

- Commercial/Residential Building
- 3.5 Floors (4.5m x 24m ea.)
- 3 Bed, 3 Bath,Kitchen
- Will be 3.9m Baht. **BUY NOW 3.5m BAHT!**

Style B: 5 Floors (8 units)

- Commercial Building + Home Office
- 5 Floors (5m x 24m ea.) with Private Elevator
- 4 Bed, 4 Bath, Kitchen
- Will be 5.9m Baht. **BUY NOW 5.5m BAHT!**

Sureeporn Village 5

PHASE 1 CONSTRUCTION 50% COMPLETE!

7 Quality Detached Residences

- 2 Bed, 2 Bath, Swimming Pool
- Floor Area of Each Residence 140 sq.m
- House and Garden Area approx. 600 sq.m.
- Showhome Opens January 2014
- Will be 3.9m Baht. **BUY NOW 3.5m BAHT!**

OTHER PROMOTIONS

SUREEPORN PLAZA 2

3 flr. Commercial/Residential

ONLY 5 UNITS REMAINING!

NOW JUST 3.5m!

SUREEPORN PLAZA 3

2 flr. Commercial/Residential

ONLY 2 UNITS REMAINING!

NOW JUST 2.9m!

CALL US NOW & SAVE!

0898922659 Khun Manop
(Thai or English)

0812345678 Khun Nut
(Thai or English)

The Sureeporn Group
Khao Lak's Local Developer

Khaolak
magazine

in association with
VISITKHAOLAK.COM

EDITORIAL ENQUIRIES
editor@visitkhaolak.com

SALES/ADVERTISING
sales@visitkhaolak.com
Sascha Meissmer
089-725-7814
(English or German)
Khun Joy
084-851-8847
(Thai)

OTHER ENQUIRIES
info@visitkhaolak.com

SENIOR DESIGNER:
Supansa 'Toon' Samanakrit

CONTRIBUTORS:
Alan Hunter
Dussadee 'Dee' Oeawpanich

KHAOLAK magazine is published by Quality Holdings Co., Ltd.
Thai company registration no. 0835551009451
www.qualityholdings.com

© Quality Holdings 2013. Reproduction of any material, in whole or in part, is strictly forbidden without the prior written consent of the publishers. All copy and material is sent at the owner's risk and, whilst every care is taken, Quality Holdings Co. Ltd. will not accept liability for any loss or damage.

From the Editor's Desk

I am delighted to introduce to you the all-new Khaolak Magazine.

Our goals are simple - to promote Khao Lak and the surrounding region to the rest of the world, and to help visitors make the very most out of every visit here.

With this in mind we have also launched a new website at **www.VisitKhaolak.com** which we aim to enhance over the coming months to better serve, assist and engage with Khao Lak visitors.

In the meantime, our social media activities on Facebook and elsewhere reach thousands of people a month from all over the world - many of them already devoted fans of Khao Lak.

In future issues we shall be reporting tourism and business news from the region as well as publishing reader feedback and views, so do get in touch if you have news or opinions to share.

We would also love to hear what you think of Khaolak Magazine and what you'd like to see more (or less!) of in the future, so feel free to email your views to **editor@visitkhaolak.com.**

Enjoy Khaolak!

Khao Lak, Thailand
November 2013

Welcome to

Khao LAK

ABOVE:
Sunrise at Nang Thong Beach
PHOTO: Kanate Chainapong

This is

Khao Lak

The Khao Lak region of Southern Thailand is focused around a string of small, seaside villages on the West coast of the kingdom, about an hour's drive away from the popular tourist island of Phuket.

Boasting over 20 kilometres of serene, unspoilt beaches and nestling amongst several of Thailand's finest National Parks, the region has undisputed eco-credentials.

And thanks to intelligent governance and years of steady, sustainable growth Khao Lak is now emerging as one of Asia's most unique and appealing beach resort destinations.

"Many travel experts consider Khao Lak to be one of Asia's best-kept secrets..."

A world class eco-destination

Surrounded on land and water by several of Thailand's finest land-based and marine National Parks, Khao Lak is a genuine 'eco-destination' in the true sense of the phrase.

Indeed, much of the region is covered by the Khao Lak Lamru National Park, a natural coastal paradise teeming with exotic birds, tropical flowers and scenic waterfalls.

...over 20km of gorgeous, unspoilt beaches

Flanked by the azure waters of the Andaman Sea, the Khao Lak region is blessed with some of Asia's finest and quietest beaches - all with excellent water quality and not a single sun-bed vendor, beach hawker or jet-ski in sight.

In fact, there are no less than 8 superb beaches in the immediate vicinity of Khao Lak alone (see next page).

...and a food-lover's paradise

As well as its eco-credentials the Khao Lak region has recently gained a growing reputation as one of Thailand's most up-and-coming dining locations.

With more than 150 restaurants in Khao Lak alone, guests are spoilt for choice with a vast array of cuisines and dining styles on offer - in surroundings that most other destinations simply cannot match.

Map & Orientation

SELECTED KHAO LAK LANDMARKS

The 'town centre' of Khao Lak (Bang La On)

Town Centre (Bang La On)

Bang La On is the Thai name for the the 'town centre' of Khao Lak - the built-up area that you reach when coming north from Phuket and winding your way up and over the mountain at the southern end of the village. This is by far the most developed part of the region with a wide choice of restaurants, shops, travel agents, dive shops, banks, tailors and stores. The main road (Highway 4) runs right through the town centre here. The popular resort beach of Nang Thong (pronounced Nang-Tong) is part of Bang La On and within easy walking distance of the highway.

Bang Niang market is a visitor favourite

Bang Niang Village

The second largest township in Khao Lak, stretching 2km from just outside Bang La On all the way north to the daily fresh market and Bus Station, and 1km east to Bang Niang Beach A popular, must-see market is held adjacent to Highway 4 in Bang Niang from 13.00 to 18.00hrs on Mondays, Wednesday & Saturday. The aptly-nicknamed 'Food St' (see above) links Highway 4 by the 7-11 store in central Bang Niang to the long and unspoilt Bang Niang Beach, where several upscale and budget resorts are located.

'Food Street'

(Bang Niang Beach Road)

The 1km road linking Highway 4 (next to Bang Niang '7-11' store) to Bang Niang Beach. Known to food lovers for the wide range of cuisines available - everything from Thai and Italian to sushi and burritos can be found in this area. Shops, tailors and massage places can also be found here. A popular place for visitors to have a quiet stroll away from the traffic and hubbub of Highway 4.

Sai Rung Waterfall

Sai Rung Waterfall

(near Pak Weeb Beach)

Sai Rung (pronounced 'Sai Loong') or 'Rainbow' waterfall (see p32) is one of over twenty falls in the region. Despite being surrounded by rainforest it is easily accessible and popular with visitors.

Police Boat 813 Park

(Bang Niang)

Directly opposite the Bang Niang Market area adjacent to Highway 4. Abandoned Police boat 813 rests here in the location it was swept to by the devastating 2004 Tsunami. It forms the centrepiece of the poignant Tsunami Memorial Park.

Plus more information online at

VISITKHAOLAK.COM

8 Superb Beaches

Khao Lak boasts over 20km of some of the world's finest beaches. *(See p38)*

Bang Sak Beach *(12km North)*
A beautiful crescent of white sand with only a few resorts and beach restaurants. Popular with locals.

Pak Weeb Beach *(10km North)*
A long 'picture postcard' beach with turquoise sea and brilliant white sand fringed by coconut and Casuarina trees. Home to several luxury resorts.

Pakarang Beach *(6km North)*
By Laem Pakarang ('Coral Cape') this wide beach is popular with surfers, especially in the Green season.

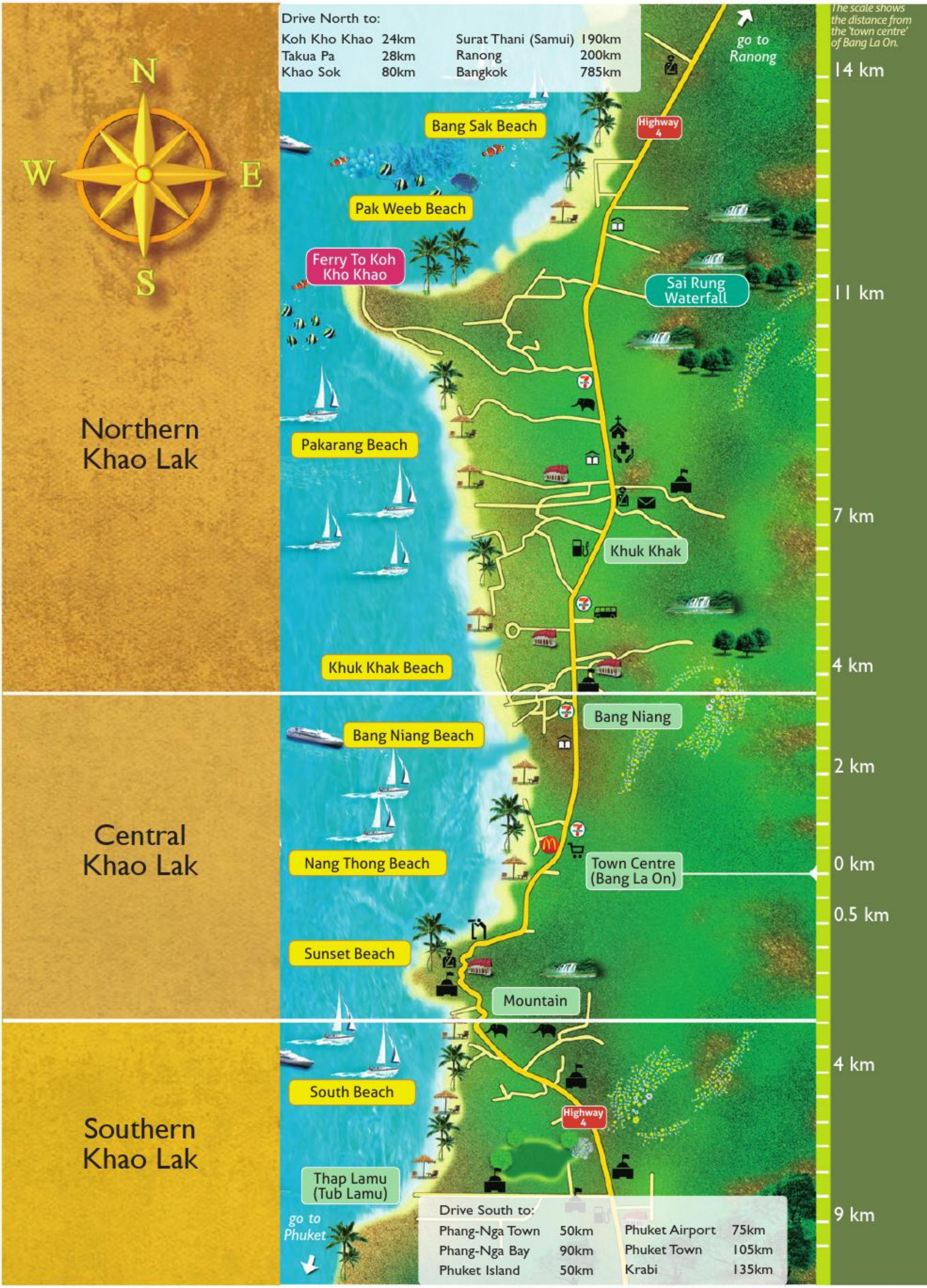
Khuk Khak Beach *(4km North)*
Stretching for several kilometres, this is one of the longest beaches in Khao Lak. Sometimes quite wild but always beautiful and mostly deserted.

Bang Niang Beach *(2.5km North)*
Serving Bang Niang, the second largest township, this glorious beach is home to several upmarket and budget resorts.

Nang Thong Beach *(Bang La On)*
More than 2.5 km long, this beautiful beach serves the village of Bang La On, the 'town centre' of Khao Lak.

Sunset Beach *(0.5km South)*
The first beach after driving north over the mountain into Bang La On (the 'town centre') from South Beach.

South Beach *(4.5km South)*
Coming from Phuket, this is the first beach you come to before going over the mountain into Bang La On.


N
W
E
S
Northern Khao Lak
Central Khao Lak
Southern Khao Lak
Drive North to:
Koh Kho Khao 24km
Takua Pa 28km
Khao Sok 80km
Surat Thani (Samui) 190km
Ranong 200km
Bangkok 785km
go to Ranong
The scale shows the distance from the 'town centre' of Bang La On.
14 km
11 km
7 km
4 km
2 km
0 km
0.5 km
4 km
9 km
Bang Sak Beach
Highway 4
Pak Weeb Beach
Ferry To Koh Kho Khao
Sai Rung Waterfall
Pakarang Beach
Khuk Khak
Khuk Khak Beach
Bang Niang
Bang Niang Beach
Nang Thong Beach
Town Centre (Bang La On)
Sunset Beach
Mountain
South Beach
Highway 4
Thap Lamu (Tub Lamu)
go to Phuket
Drive South to:
Phang-Nga Town 50km
Phang-Nga Bay 90km
Phuket Island 50km
Phuket Airport 75km
Phuket Town 105km
Krabi 135km

Useful Stuff to Know
about Khao Lak

WHERE AM I?

The entire Khao Lak region straddles Highway 4, the longest of four major highways in Thailand. Known also as Phetkasem (or Petchkasem) Road, this vital artery stretches all the way from Bangkok to Malaysia.

ABOVE: The 'town centre' of Khao Lak, officially known as Bang La On

All the villages and beaches that make up the Khao Lak region are accessed from this main road, which also runs through the middle of Khao Lak's 'town centre' (Bang La On village), the built-up area with banks, shops, restaurants and a McDonalds.

Stretching approximately 20km along the coast, most resorts in the region are clustered around one of the eight mainland beaches (see map on page 13).

So once you know the name of the nearest beach it is simple to work out from any map where you are in relation to the rest of the region.

To help you find your way around we divide the region into 3 zones - Southern Khao Lak (the area before you drive over the mountain if coming from Phuket), Central Khao Lak (the 'town centre' of Bang La On and the next village of Bang Niang) and Northern Khao Lak (everywhere north of Bang Niang).

GETTING HERE & AWAY

ABOVE: The view descending the mountain into Central Khao Lak when travelling north from Phuket

Phuket International Airport is a 70-minute flight away from Bangkok and the main entry point for visitors to the Khao Lak region.

Khao Lak is 65km to the North of the airport (just over an hour's drive) and visitors transfer from there either by their resort's own transfer service or by taxi.

There is also a public bus service which runs regularly between Phuket Town and Khao Lak.

Some visitors prefer to book a hire car from Phuket Airport or their previous resort, which gives them greater flexibility to explore Khao Lak's many attractions, particularly those not included in popular tours.

Many visitors also come from Krabi or the surrounding region and islands to the south of Khao Lak by road, a journey of 2-3 hours.

The best way for visitors arriving from Koh Samui or Koh Phang Ngan is by road from Surat Thani to the North-east, a trip of 3.5 hours or so.

Some brave visitors also come to Khao Lak from Bangkok by car or bus, a journey of up to 10 hours.

CLIMATE

There are two seasons in Khao Lak, the Dry Season (high season) which runs from November to April and the Green Season (low season) from May to October.

Even in the Dry Season though you will get rain, particularly at the beginning and end, sometimes heavy but this is usually just a brief downpour followed by a swift return to blazing sunshine.

Conversely, there is also plenty of sunshine and heat around in the Green Season. When rain is about the humidity can be quite high.

December to February are the most temperate months to visit.

WHEN TO VISIT

November to April is High Season for Khao Lak, with Christmas and New Year being particularly popular (and most expensive in terms of accommodation rates).

In the Green Season some restaurants, bars and shops close and beach conditions can be difficult in this period - so sea bathing is usually not advised on most beaches.

Tours to the nearby Similan and Surin Islands also do not take place between May and October because of sea conditions and National Park closures.

Accommodation rates, though, fall by 50% or more - making Khao Lak an excellent choice for those who prefer more peace and quiet to enjoy the natural beauty of the region and nearby National Parks.

GETTING AROUND

ABOVE: Scooters can be hired for 1-200bht a day - but always wear a helmet.

Most visitors hire their own moped or scooter to get around - these can be hired from just about anywhere for 200 baht or so a day, depending on the season and type of bike.

There are also a few vehicle hire businesses in Khao Lak if you wish to rent a car. This will usually cost between 1,200 - 2,500 baht a day depending on the model and season

ABOVE: Songthaew taxis will take you where you need to go - but agree the price with the driver before setting off

Songthaew taxis (converted pick-up trucks) are plentiful and clearly marked and will ferry you to and from your resort or to anywhere in the region for a fixed fee, which to avoid arguments should always be negotiated and agreed in advance BEFORE you begin your journey.

Example Taxi Fares from Khao Lak 'Town Centre' (Bang La On)

For 2 persons going to:	*Baht*
Bang Niang (Songthaew)	100 - 150
Khuk Khak Beach (Songthaew)	250 - 300
Pak Weeb Beach (Songthaew)	350
South Beach/Poseidon (Songthaew)	250 - 350
Phang-Nga Town (return)	2,500
Phuket Airport	1,300 - 1,500
Phuket Town (Central Festival Mall) (return)	3,000
Patong Beach, Phuket (Jungceylon Mall) (return)	3,500

Push bikes (bicycles) can also be hired from a few resorts and outlets in central Khao Lak if pedal power is your thing.

LOCAL CULTURE & BEHAVIOUR

Khao Lak - like much of coastal Thailand - is friendly and informal. You don't have to dress for dinner or follow any rules at all really - but there are a few points that you should ALWAYS remember:

1. Thais are a very proud people. Do NOT speak negatively about Thai people in general or their Royal Family in particular.

2. Whether Buddhist, Muslim or other, most Thais are also deeply religious. Places of worship, monks and religious images should be treated with total respect.

3. Shoes should always be removed before entering any religious building or private home.

4. Not wearing a shirt when at any restaurant (apart from a beach shack) is considered low-class and rude by many.

STAYING SAFE

Khao Lak is one of the safest places in Thailand - or the world probably - to visit. Any kind of crime or scam here is virtually non-existent and visitors can usually travel to and enjoy any area at any time without any problems.

The biggest danger by far that visitors face, in fact, is when riding their own hired motorbike or scooter to get around - road accidents in Thailand are depressingly commonplace.

That said, if you always ride sober and at a sensible speed, pay close attention to stray dogs and the (often challenging) road surface and wear a helmet at ALL times, you should be OK.

IN AN EMERGENCY

Khao Lak is well-policed by the local 'boys in brown' and the Tourist Police are never more than a phone call away on 1155 (free call).

Health-wise, there are doctors' clinics and dentists in Bang La On and a local hospital in Takua Pa. The well respected Phuket-Bangkok Hospital also has an ambulance based here for emergency use.

For more info, reviews and news:

VISITKHAOLAK.COM

At the heart of the region

Adding to its own natural beauty and appeal, Khao Lak lies at the heart of Phang-Nga province, making it an ideal base from which to explore and enjoy the surrounding region in all directions. Within easy striking distance are...

The Surin & Similan Islands *(see p19)*

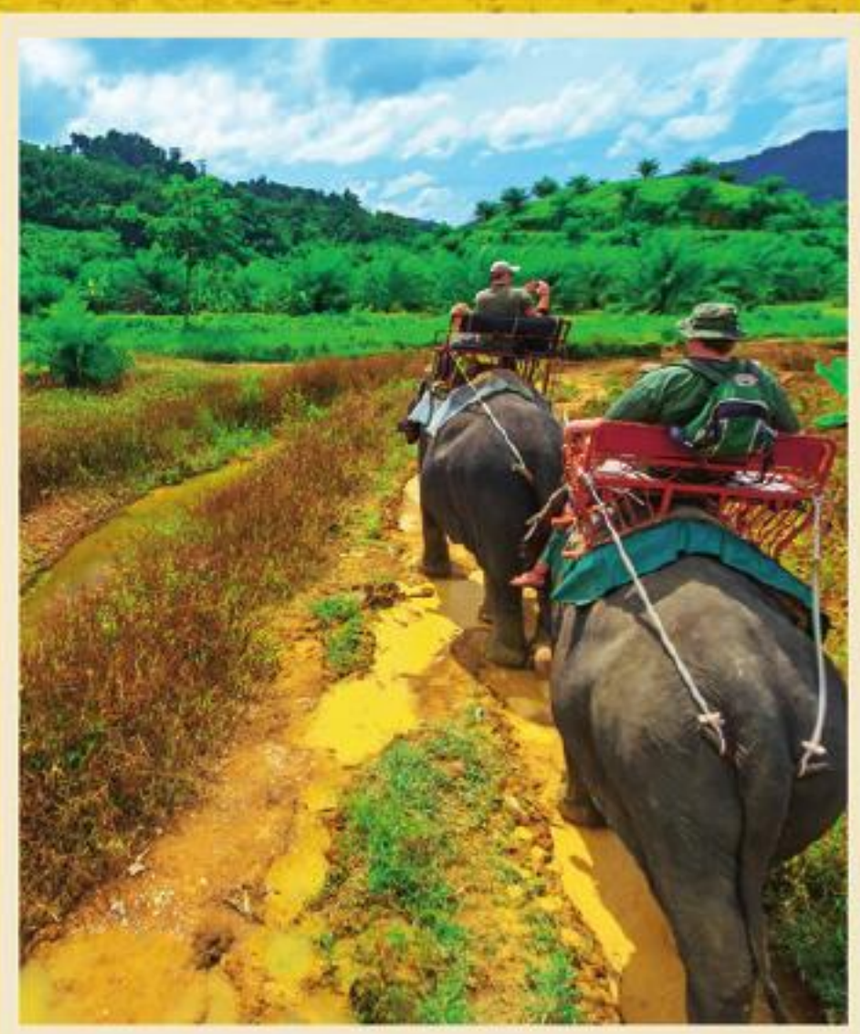
Approximately 40km to the West across the Andaman Sea, Phang-Nga provides parks of a different kind. The Surin and Similan Islands (including Koh Tachai, the 'Maldives of Thailand') and the ocean around them are renowned for their spectacular underwater marine life (including whale sharks and giant manta rays) and beautiful beaches - attracting divers and snorkeling enthusiasts from around the world.

Phuket Island

Khao Lak's more crowded and famous southernly neighbour is famed for its beach lifestyle, shopping and the racy nightlife of Patong Beach. Several Khao Lak tour operators run daily trips to Phuket (1.5 to 2 hrs each way by minibus) for shopping and/or nightlife excursions - including visits to the entertaining 'Simon Cabaret' ladyboy show and to 'Phuket FantaSea', billed as 'The Ultimate Cultural Theme Park'.

Koh Kho Khao *(see p44)*

To the North, just a 30-minute drive and 10-minute ferry ride away from Khao Lak, is the magnificent island of Koh Kho Khao.



Khao Sok

To the northeast is Khao Sok National Park, the oldest evergreen rainforest in the world and home to the man-made Ratchaprapha Lake & Dam, once the largest civil engineering project in Thailand.

The karsts here - formed by the flooding of the valley to construct the dam - rise above the lake's surface to more than three times the height of those in Phang-Nga Bay.

Phang-Nga Bay

Just over an hour to the South is the magnificent Ao Phang-Nga National Park, a huge bay and geological wonder filled with islets, sunken caverns and startling limestone rock formations - karsts - rising sheer out of the sea, (the most famous of these, but by no means the most memorable, being 'James Bond Island').

Beyond
RESORT
KHAOLAK

by KATA GROUP

Enjoy paradise...undisturbed.

Enjoy the peace and tranquility of our beachfront, couples-only resort where all guests must be 18+ years of age.

Relax in the luxury of our contemporary Thai-style villas nestling by the shores of the Andaman Sea.

Explore the pristine sands, untouched nature and stunning scenery of Khao Lak, South Thailand's tropical beach paradise.

Find us just one hour's drive north of Phuket International Airport.

Reservations: +66 (0)76 592 300
Email: rsvn-brkl@katagroup.com
www.katagroup.com

The Similan Islands

A Photo Feature

The Similan Islands archipelago (a cluster of small islands) rises out of the Andaman Sea some 50 km west of Khao Lak.

The islands boast some of the most beautiful scenery to be found anywhere on earth - and were declared a Marine National Park in 1982 after a one-year exploration by the Thai Government.

The word 'Similan' means 'Nine' in the dialect of the Malay language spoken in the southernmost provinces of Thailand - and there are nine, densely-wooded islands that form the archipelago.

Each is fringed with distinctive rock formations, powdery white sandy beaches and picture-perfect turquoise waters.

Ranked as one of the Top 10 dive sites in the world by the National Geographic Society, diving is the main attraction of these islands, and every trip to the Similans provides a new diving experience

Huge granite boulders, caves and swim-throughs produce a fascinating underwater landscape and are home to a variety of marine life, from microscopic organisms to sea turtles and giant Manta Rays.

The most important of all dive sites in the Similans, which is actually part of Surin National Park, is Richelieu Rock, famous for its incomparable variety and abundance of marine life - and even Whale shark sightings are frequent here.

Access to the Similan Islands from Khao Lak is usually from Thap Lamu pier in South Khao Lak. The trip takes three hours each way on slow boats or 70 minutes via speedboat.

During the months November-May 'live-aboard' dive boats also head to the Similans. These boats depart and return from Khao Lak and stay for several days around the islands.

For more information regarding liveaboard and dive operators in the Khao Lak region go to VISITKHAOLAK.COM

***Below:** A school of Fusiliers sweeps over a reef off the Similan Islands*

FAST, SERVICE ORIENTATED & SAFE

SIMILAN SEVEN SEA CLUB

SIMILAN DIVING & SNORKELING DAY TRIPS

SIMILAN LIVE-ABOARDS * PADI COURSES

Tel: 076 485 237 * Fax: 076 485 238 * Mobile: 082 426 9797

SIMILANSEVENSEACLUB.COM * INFO@SIMILANSEVENSEACLUB.COM

PARADISE

FOUND

About an hour's drive North of Central Khao Lak lies one of the region's hidden gems

One of the less well-known yet truly magnificent islands in the Khao Lak region can be found about an hour's drive North of central Khao Lak, after a short ferry ride from the Kuraburi pier. Here, fringed with pristine beaches lapped by a shimmering Andaman Sea, lies the hideaway island of Koh Ra ('Koh' meaning 'Island' in Thai) - a genuinely unspoilt tropical paradise that is so picture perfect that as you step foot on the island's golden sands you almost expect to see Robinson Crusoe or Man Friday coming to greet you.

We travelled with up-and-coming local tour operator Green Andaman Travel, who offer a variety of packages to Koh Ra to suit your budget and the time you have available. All the packages include transfers, food and activities.

ABOUT KOH RA

Virtually untouched by human activity, the mountainous inland landscape of Koh Ra, complete with tropical rainforest and mangrove swamps, is home to a diverse eco-system that supports an incredible array of resident wildlife - from Macaque monkeys and Flying Squirrels to Leopard Cats and Barking Deer.

For avid birdwatchers there are even more compelling reasons to visit Koh Ra, as you may well see Hawks, Eagles, Hornbills, Broad Bills and Owls flying and nesting above you in the inland areas of the island. These birds all take advantage of the plentiful cover and food sources provided by the abundant vegetation that drapes the inner island like a rich, life-giving blanket and constantly changes in tandem with the seasons.

KOH RA BEACH CAMP

Accommodation is at Green Andaman Travel's eco-friendly 'Koh Ra Beach Camp', sleeping under the stars in comfortable, spacious tents situated on raised bamboo decks that are right on the beach. Meals and all the basic necessities are thoughtfully provided - allowing visitors to focus all their attention on this most attractive and fascinating of islands.

OUR VERDICT:

Both adults and children will enjoy Koh Ra and the break from a traditional beach holiday to one undisturbed by technology and the hustle-and-bustle of modern life - and one thing's for sure, the next

time you hear the word 'paradise' mentioned, there'll only be one magical little island that you will be thinking of!

Things to do ON KOH RA

RELAX ON THE BEACH OR GO SNORKELLING

Of course, no island holiday would be complete without enjoying the beach or the ocean. Just relax and bask in the sun on the camp's beach or explore the other deserted beaches on this side of the island. Or go snorkelling at the nearby small islands which you will probably have all to yourself.

GO JUNGLE TREKKING

Taking into account your needs, ability and stamina, you can enjoy a trek through the jungle with professional and experienced guides. This can even be done at night when the jungle really comes to life with sights and sounds that offer a truly immersive experience very different from a daylight exploration.

MEET THE SEA GYPSIES

Koh Ra is also home to a group of friendly Moken or Sea Gypsies who are happy to teach visitors some of their traditional crafts and skills, which for centuries have been passed down from generation to generation.

CATCH YOUR OWN DINNER!

You can also fish from the beach or rocks or rent a longtail boat to catch fish in deeper waters such as Dorado, King Mackerel, Snapper or even Barracuda. The Camp has its own restaurant where the cooks will be happy to cook your catch as well as the traditional Thai dishes they otherwise prepare - so you can dine under the stars on the BBQd snapper you caught earlier in the day!

EXPLORE THE MANGROVE

The ecosystem of the mangroves provide some of the world's most important, and oldest, habitats. You can explore this wonderful, previously unseen world in specially-designed longtail boats with guides pointing out the animals, birds, crabs, fish, monkeys, bats and even bees that live and thrive in this most protective and supportive of environments.

FOR MORE INFORMATION

Contact Khun Nai, the owner of

GREEN ANDAMAN TRAVEL

Phone: +66 (0) 76 485 598
Mobile: +66 (0) 89 731 6228, or
+66 (0) 87 891 7806

www.greenandamantravel.com

TAT Number: 33/04061
Insurance Number: 0222392349

around the region

Sai Rung WATERFALL

The Sai Rung ***(or 'Rainbow' in Thai)*** Waterfall can be found near ***Pakarang*** and ***Pak Weeb*** beaches. This beautiful waterfall cascades from a ledge in the tropical rainforest over 20 metres above into a lagoon connected to a crystal clear stream. Surrounded by lush vegetation and refreshingly clean air, the area around the falls also hosts an abundance of local wildlife.

DRIVING THE Coral Cape

By bicycle, motorbike or car, a ride or drive to Laem Pakarang (Coral Cape) is a great way to begin exploring the Khao Lak region.

For a nice short trip to familiarise yourself with one of Khao Lak's most scenic areas, drive north from Central Khaolak along Highway 4 in the direction of Takua Pa until at the top of a rise in the road you see a left turn signposted to the Apsara, White Sand Beach etc. (below) and a '7-11' store on the corner.

Turn left here and continue down this road passing the turn off to your right for the Sarojin etc. until you pass the Palm Galleria Best Western on the left and come to the T-junction at the end.

A left turn at this junction will take you to the Apsara Beach Resort. Park here and go onto the beach where you will find Memories, a local beach club with a restaurant and bars. Surf boards can be hired here too. Turn right at the junction and it will take you along Cape Pakarang itself. Park when you reach the end where you will find the small Sutlam Pakarang restaurant/bar, open 10.00-20.00hrs in season only (A & B). If the tide is out you can walk a good distance along this beach of crushed coral, bleached white by the heat of the sun, admiring the panorama along the cape (C & D). At sunset this is an especially spectacular sight. Return in the reverse direction, turning left at the T-junction and then left again at the junction signed The Sarojin etc.

After 400m or so take the next left turn (K), going straight on past the Kantary resort on your right and onto the sandy track (E) which leads you to Coconut Beach. Park at the end of the track next to the Boatyard Restaurant and arguably the best part of the best beach in Khao Lak – Pak Weeb Beach (F). To your left as you face the sea you will see the sweeping crescent of Laem Pakarang that you have just visited (above, right).

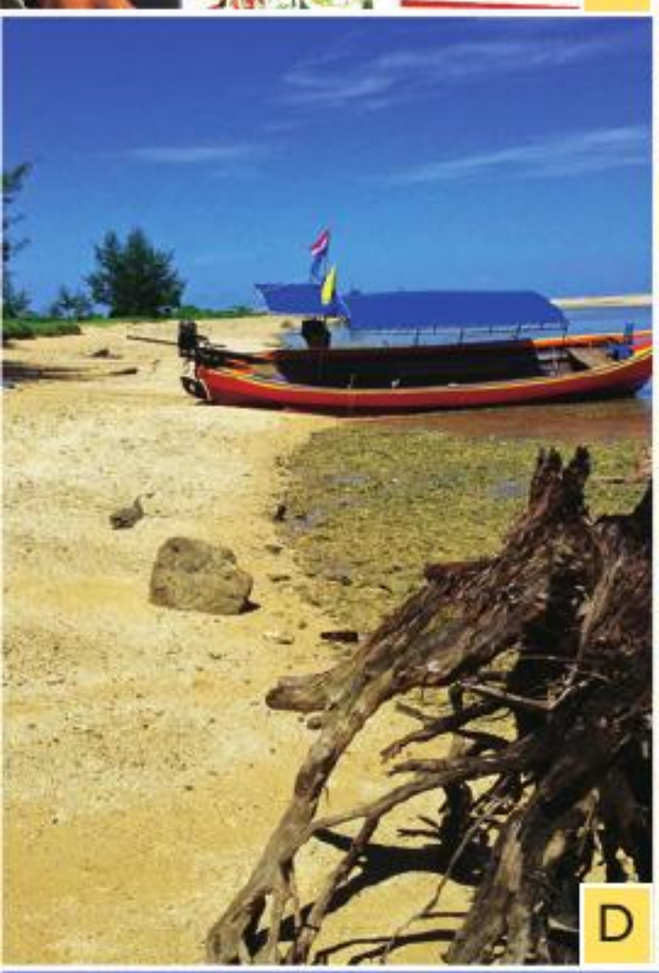
Return back, but this time take the first left after the Kantary (I) and drive past The Sarojin resort on your left. Immediately after this take a left turn down the entranceway to the famous and popular White Sand Beach (below) (H & J) and Ao Thong Beach (M & N). Park under the trees then sit at one of the salas and have a drink and/or meal.

Take the opportunity to stroll this beautiful beach which stretches several kilometres into the distance in both directions (L & N). When you're done, turn left out of the resort and follow the small winding lane northwards back to Highway 4. When you reach the highway, take a right and continue all the way back to Central Khao Lak.

A

B

C



D

E

F

G

H

I

J

K

L

M

N

The Sun Ray Restaurant

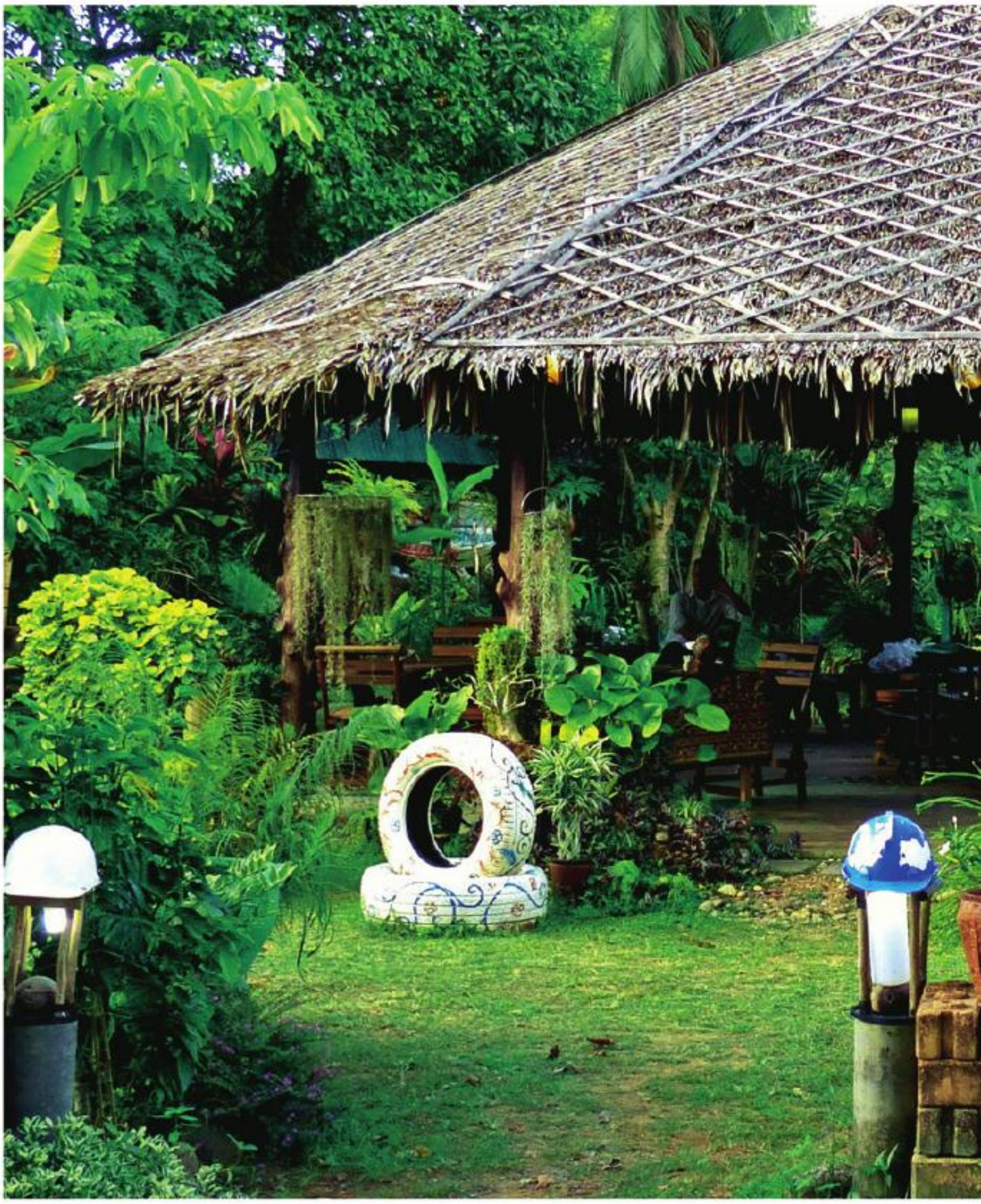
in KHUK KHAK,
Northern Khao Lak

Open daily from 11.00 - late

Phone: 082-817-9155

E-mail: yotsagorn@hotmail.com

Classification: Restaurant



Regular visitors to Khao Lak may well have experienced the great food that awaited diners at the Sunset Bar (at the Southern end of Khuk Khak Beach) when talented chef/owner Khun Nop was in the kitchen.

What readers might not yet know is that Nop - together with his equally capable cousin Khun Yui - has recently moved and opened a new venture, The Sun Ray Restaurant, in a lovely garden setting in Khuk Khak village. It is their intention to open all year, appealing to locals and visitors alike.

FOOD:

As before at the Sunset Bar, diners choose their dishes with friendly assistance from Nop, who tailors his suggestions to reflect diners' personal preferences and palate. All produce is fresh and sourced locally, so if you have fish or tiger prawns, for example, then prices will vary according to the current market price. Beer and soft drinks are available and Nop tells us you are very welcome to bring your own wine.

Appetisers typically include Nop's speciality mixed chicken and prawn satay and a local dish of edible leaves which you fill with various homemade sauces and fillings. The house specialty is a deliciously meaty fish dish with spicy sweet and sour, tamarind and 'secret' recipe sauces on the side - and you may wish to try the BBQd tiger prawns or the excellent fried rice with vegetable and cashew nuts. To finish mixed fresh fruit with two types of mango comes highly recommended.

DECOR & VIBE:

It is not just Nop and Yui's culinary skills that attract guests to the Sun Ray, it is also the decor. Everywhere you look the imaginative use of natural materials is obvious, and Nop loves to collect driftwood, coconut shells, fallen trees and just about anything else that his fertile imagination sees a use for, as furnishings or tableware.

Not to be outdone, cousin Yui has gone one step further and even managed to recycle and decorate several old tyres to contribute seamlessly to the overall theme of the restaurant - in a way so unexpected that you really must see it for yourself! And whilst the restaurant decor might be deliberately rustic in style, the same cannot be said of the fine table cloths and silver service utensils gracing every table – another of Nop's trademarks.

THE VERDICT:

The Sun Ray Restaurant continues to build on the winning formula of the original Sunset Bar - great food and friendly service in an informal atmosphere. Well worth a visit.

GETTING THERE

Head North from central Khao Lak on Highway 4. Pass Bang Niang market on your left and drive a kilometre or so to the very end of the strip. On your right hand side you will see a 7-11 store and then the entrance to the Bus Station/fresh market. Immediately after this (and just before the highway bends slightly to the right) take the left turn signposted to Orchid Beach Resort. Drive to the 'T' junction at the end of this road and turn right. Sun Ray is 50 metres on your left.

For more dining reviews info:

VISITKHAOLAK.COM

In Khao Lak, it's true that...

Life's a BEACH

"...over 20 kilometres of glorious, unspoilt beaches...from rich gold to powdery white in colour..."

What sets Khao Lak apart from other competing tourist destinations is its 20 kilometres of glorious, unspoilt sandy beaches, ranging from a rich gold to powdery white in colour.

Jet-skis, parasailing and banana-boat rides are not allowed, nor are row upon row of sunbeds down to the water's edge. This ensures peace and tranquillity even at the busier stretches of beach near the main resorts, making walking and sea-shelling the most strenuous activities you are likely to face.

Quiet enjoyment of these fantastic beaches and the turquoise Andaman Sea under a mostly azure sky, is the order of the day for the majority of visitors.

The Magnificent 8

There are 8 mainland Khao Lak beaches in all - each with their own distinct character. From North to South these are:

1. Bang Sak Beach
2. Pak Weeb Beach
3. Pakarang Beach
4. Khuk Khak Beach
5. Bang Niang Beach
6. Nang Thong Beach
7. Sunset Beach
8. South Beach

If mile after mile of unspoilt beaches is your idea of heaven then Khao Lak is the place for you.

A typical day in Khao Lak. Many resorts have direct beach access straight from the guest rooms.

Khao Lak's magnificent beaches stretch northwards from Sunset Beach (shown here) for more than 20km.

The Khao Lak BEACH GUIDE

There are 8 mainland beaches in the Khao Lak region:

1. Bang Sak Beach

The most northern mainland beach - about 13km north of central Khao Lak (Bang La On) - this beautiful crescent of white sand has only a few resorts and beach restaurants located on it.

Part way along the beach is the delightful Bang Sak Promenade, a road running a few metres along from the beach edge with tables and chairs and dining cabanas among the trees on the beach side and a handful of good local restaurants on the other. This is a very popular picnicking and dining spot for locals, but visitors are made most welcome.

2. Pak Weeb Beach

Considered by many as the "Jewel in the Crown" of Khao Lak's beaches because of its picture postcard turquoise sea and brilliant white sand fringed by coconut and casuarina trees, it stretches several kilometres from Cape Pakarang until it crosses over on to Bang Sak Beach.

Pak Weeb is home to several of Khao Lak's luxury resorts as well as the famous White Sand Beach. Once Khao Lak's best kept secret, this small stretch in the centre of the main beach with just three restaurants each with bungalows is now its most popular High Season day trip.

3. Pakarang Beach

Directly South of Pak Weeb Beach is Cape Pakarang where there are just a sprinkling of resorts and a few restaurants. At this point the beach is very wide and the ocean is popular with surfers, particularly in the Wet season.

4. Khuk Khak Beach

Accessed across a small shallow creek, this is one of the longest, sometimes quite wild but always beautiful, beaches in Khao Lak. It stretches for several kilometres but has only a few resorts and a handful of beach restaurants, bars and nearby massage huts.

KHAOLAK PALM HILL RESORT

Step into an exotic destination
and get lost in the paradise of the Andaman coast.
Superb location in the centre of Khaolak town (Bang La On).

WEBSITE: WWW.KHAOLAKPALMHILL.COM EMAIL: KHAOLAKPALMHILL@HOTMAIL.COM CALL: +66 (0) 76-485-138

Khao Lak South Beach just after high tide

5. Bang Niang Beach

Bang Niang is the second largest village in Khao Lak, and is a 5 minute drive or so north from central Khao Lak (Bang La On village).

Bang Niang Beach Road links Highway 4 with the beach and is lined with resorts and restaurants, bars and massage places.

The beach here has a wide range of resorts and bungalows from budget to deluxe

6. Nang Thong Beach

Pronounced 'Nang-Tong', this beach continues directly on from Sunset Beach. It serves the main township of Bang La On (Central Khao Lak) where most restaurants, bars and shops are to be found.

At its northern end there is a beautiful deserted stretch of golden sand leading to a lovely, small bay and a series of small restaurants, bars and massage places popular with visitors from inland resorts or those not having swimming pools. These continue until the creek and river inlet leading across to Bang Niang Beach.

7. Sunset Beach

Coming over the mountain from the South on Highway 4, visitors begin the descent to the main township of Bang La On, catching as they do so their first spectacular glimpse of the coastline and string of beaches to the north as far as the eye can see.

The first of these is the most aptly named Sunset Beach. The handful of resorts there are accessed from the highway and guest bedrooms are located on the hillside all the way down to, and along, the beach.

8. South Beach

Together with the adjacent Poseidon Beach this is the first beach visitors reach coming from the South before continuing over the mountain into the main villages of Khao Lak.
There are just a handful of resorts with a growing number of restaurants and a few shops nearby with a promenade fringing the beach and ocean.

AROUND THE REGION...

Koh Kho Khao

Koh Kho Khao (Koh Khao Island) is a beautiful small island that lies just off the coast of Takua Pa - about a 30 minute drive north of Khao Lak followed by a 10-minute ferry ride to cross the few hundred metres of water separating the island from the mainland.

The island's western coast has endless beaches lined by Casuarina trees with just a handful of resorts and beach restaurants at the end of the island nearest the ferry.

The local wildlife on Koh Kho Khao includes sea turtles that lay their eggs in the island's sands between December and April each year.

Those, interested in this fascinating event will have the possibility to observe turtles in their natural environment during a stay on the island.

GETTING THERE & AWAY

Resorts there will arrange transfer services and vehicle ferries run hourly from early morning until 18:00hrs - whilst long-tail boats take foot passengers and motorcyclists there day and night.

Did you know?

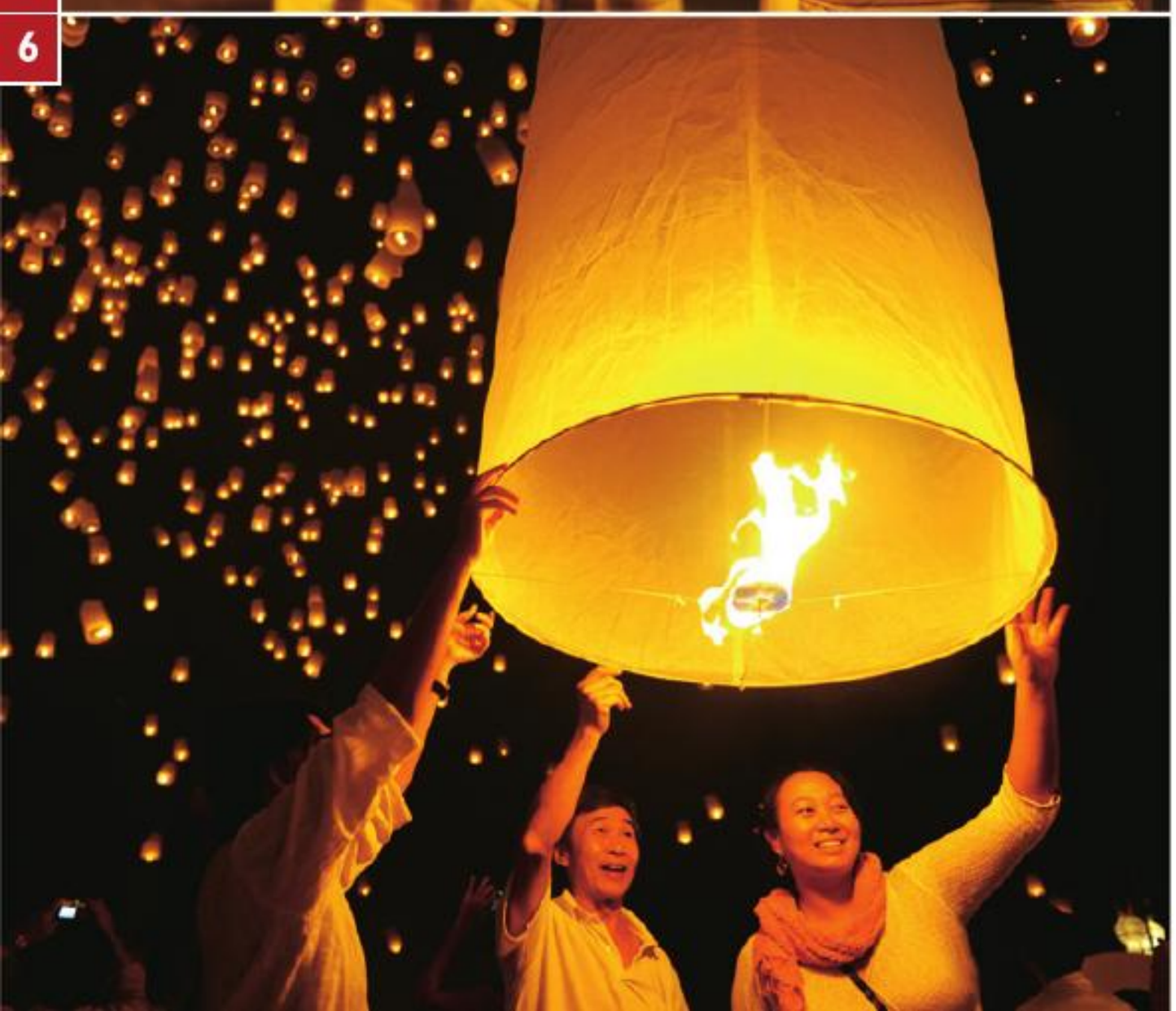
An extensive flat grassland area close to the northern tip of Koh Kho Khao was used as an airfield by the Japanese during WW II

1

4 3

2

5



6

The magic of ...
Loy Krathong

The Loy Krathong festival will be celebrated in Khao Lak and across Thailand on the full-moon night of 17th November.

Here's a beginner's guide to this most charming of Thai festivals and what it's all about.

What? The Loy Krathong Festival
Where? Nationwide
When? November 17th, 2013

Photographs: *1, 2 & 3. Sukhothai is the birthplace of the modern-day Loy Krathong celebrations and events there are famous for their pomp and ceremony 4. Placing a krathong on the water is how every Thai (and visitors!) can join in 5. Krathong parades happen in several towns, especially in the North of Thailand 6. In Chiang Mai, Loy Krathong is celebrated at the same time as the Yi-Peng lantern festival*

Thais love festivals and community get-togethers and the annual Loy Krathong festival is a centuries-old tradition that is probably the most charming Thai celebration of them all.

Under a full moon and a starlit sky, the sight of thousands of colourful, candlelit krathongs floating across the waters of lakes, creeks and rivers across the Kingdom makes for a moving and magical spectacle.

HISTORY & TRADITION

The exact origins of Loy Krathong are unclear. Some say the modern day festival traces its roots back to the Chong Pa Rieng - an ancient royal ceremony which involved floating lanterns to worship the gods Siva, Vishnu, and Brahma. Others believe it evolved from the earlier festival of Loy Khom (floating lantern).

Officially, the seeds of the modern day festival were sown in Sukhothai still period by Nang Noppamas, a 14th century concubine who is said to have made lotus-shaped receptacles ('krathong') and floated them on the river

Whether this is correct or not, today Sukhothai lies at the heart of Loy Krathong festivities nationwide and the events held in Sukhothai Historical Park are legendary for their grandeur and beauty.

LOY KRATHONG TODAY

Nowadays, the Loy Krathong festival ('loy' means 'float' in Thai) is celebrated nationwide each year on the full moon of the twelfth lunar month (which this year is the evening of Nov. 17th).

People prepare beautiful, candlelit floating krathongs as offerings to the water goddess Pra Mae Khong Kha and release them onto lakes, rivers and even beaches around the Kingdom - an act aimed at bringing good luck in the future.

Krathongs are skilfully constructed. using materials such as banana leaves, bread or coconut shells as a base and decorated with a candle, joss stick and flowers. Into each is then added a small amount of money and maybe a few strands of hair or some betel nuts or nail clippings - to help trap any bad luck and send it on its way across the water.

Before the offering floats away the owner will ask forgiveness of Pra Mae Khong Kha for the water they have wasted or polluted during the year and will make a wish for his or her future.

Thais do not, of course, need asking twice for an excuse to have fun so over the years a slew of regional add-on celebrations have grown up around the Loy Krathong tradition - from local krathong-making competitions and parades (with motorised krathongs the size of a small house!) to firework spectaculars and child beauty pageants.

In the northern city of Chiang Mai there is a double celebration as Loy Krathong coincides with the enchanting Yi-Peng lantern festival when thousands of flame-lit lanterns are released into the night sky above huge crowds of locals and international visitors.

How to join in Loy Krathong

Thais are a friendly and inclusive people by nature, so you shouldn't feel shy about joining in with the locals to celebrate Loy Krathong. It's a great way to experience Thai culture first-hand and maybe even make some new friends. Here's how to do it...

Be a part of it in 3 easy steps:

1. Choose a venue

Ask at your hotel for specific events they have planned. Many hotels lay on special Loy Krathong events for guests, often with food and other entertainment provided.

If not, ask the hotel staff where they recommend you should go - they may even invite you to join them at their favourite locations!

Beaches have also become a focal area for Loy Krathong celebrations across Thailand, so if your hotel or guesthouse has no specific events planned just head for the nearest beach and see what's happening.

Wherever you choose remember that you are likely to be outdoors for an hour or more - so keep a close eye on the weather which can still change quickly at this time of year.

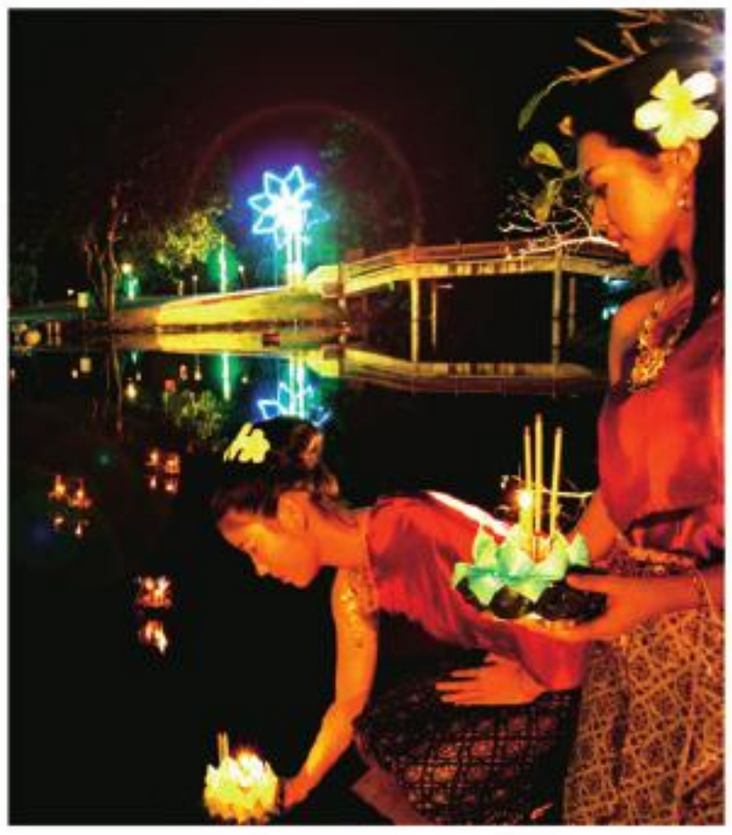
2. Prepare your krathong

Here you have 2 choices - make it or buy it. If you are attending a hotel Loy Krathong event there may be the opportunity to make your own float under the guidance of hotel staff. If you have the chance to do this then take it - it's usually quite a giggle.

If you are not at a hotel event you can simply buy a krathong - from a basic floater to more ornate and expensive creations - from one of the numerous vendors at every local gathering.

Remember also before releasing your krathong to place a few baht coins inside as this will bring you good luck, and feel free to throw in a strand of hair or two or some fingernail clippings if the moment really moves you! (as is the custom).

3. Make a wish & let go!



Take a silent moment to apologise to water goddess Pra Mae Khong Kha for your profligate use of H2O during the year, then light the candle on your krathong and make a wish. Now carefully place the krathong in your chosen river/lake/swimming pool, and give it a gentle push away. For believers, any bad luck will now disappear on the current along with your krathong, so be sure it doesn't return to you (splash it gently on its way if needed!). Take some photos and enjoy the moment - unless you are a couple, in which case you must watch anxiously to see if your krathongs snuggle together on the water or drift apart - as superstition dictates that this may mirror future events in your real-life relationship. Good luck and enjoy Loy Krathong!

TIP: The lake in Bang Niang next to Highway 4 is a popular Loy Krathong spot. Head north past Bang Niang Market and 7-11, and you will see it on your right a few hundred metres further on.

NEVER use or buy a foam krathong. These harm the environment as they are not bio-degradable and pollute Thailand's waterways and seas.

For more Khao Lak events info:

VISITKHAOLAK.COM

Khao Lak **INTERNATIONAL** GOURMET ASSOCIATION

'Authentic worldwide cuisines...right here in Khao Lak'

Bavaria House Jane Isaan

German & Thai cuisine. XXL Schnitzel, Bavaria Weisswurst, German Weissbier, Chicken/Haehnchen & Green Curry. Bundesliga, Formula 1. Tour Information.

Opening Hours: 12.00 - late daily
Reservations: 081 091 3281
Web: www.bavariahousekhaolak.com

ENZO Bistro Fusion Japanese

The only authentic & fusion Japanese cuisine by a Japanese chef in Khao Lak.

Opening Hours: 13.00 - 23.00
Holiday: Please check our website
Reservations: 076 486 671
Email: info@enzointernational.com
Web: www.enzointernational.com

Rusty Pelican Mexican Café

Homemade Mexican favorites. TripAdvisor Certificate of Excellence winner 2012 & 2013.

Opening Hours: 14.00 - 22.00 daily
Reservations: 087 192 1085
Web: www.barkhaolak.com

Amici Ristorante Italiano

Italian classics, pizza by the metre, Canadian beef, creative Mediterranean specials menu.

Opening Hours: 12.00 - 22.30 daily
Reservations: 076 427 700

Takieang Restaurant

The original Thai cuisine. Enjoy your meal in a Northern-style atmosphere.

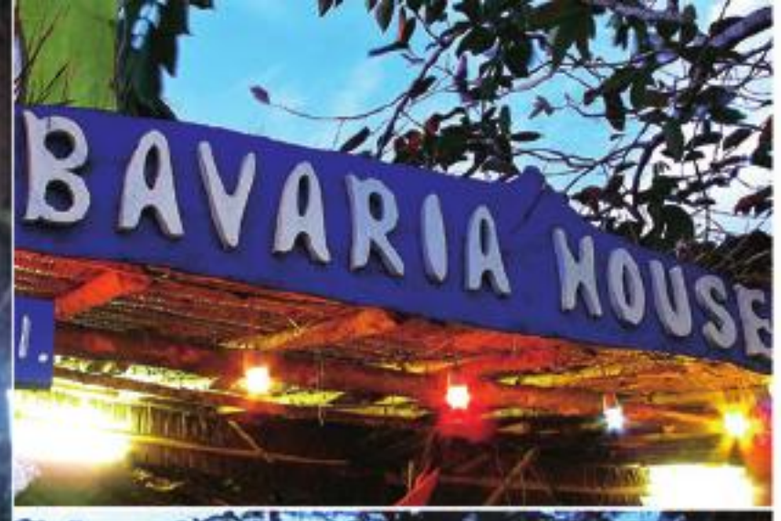
Opening Hours: 11.00 - 22.00 daily
Reservations: 086 952 7693

FIZZ Bistro 'n' Bar

Original Thai with an extra twist. Interesting fusion dishes. Wine and relish cocktails. Walk-in, reservations and groups accepted.

Opening Hours: 14.00 - 24.00 daily
Reservations: 086 277 9080
Web: www.facebook.com/fizzbistrokhaolak

MEMBER RESTAURANT LOCATIONS:



KHAOLAK DINING REVIEW

Bavaria House Jane Isaan

in BANG NIANG, Central Khao Lak

Open daily from 12.00 - late daily

Phone: 081-091-3281
www.bavariahousekhaolak.com
Classification: Restaurant (with bar)

Family-owned and operated, the Bavaria House Jane Isaan on Soi Bang Niang ('Food Street') is a classic case of East meets West, both in terms of the menu offered and the family-oriented management style.

Owner Tom is a likeable "Bavarian" who originates from a well-known family in the restaurant business. His wife Jane hails instead from northeastern Thailand (or 'Isaan') and learned the secrets of cooking delicious German cuisine from Tom's mother, over a six-year period.

FOOD

Apart from typical German dishes like schnitzel, goulash, roast pork and cheese noodles, a variety of truly authentic north-eastern Thai dishes are served. A highlight is the grilled chicken barbecued in "traditional German" style, but then served "Thai-style" with seven different herbs. Another must try favourite on the dessert list is 'Grandma's cheesecake'.

A range of Arabica coffee is served that rivals for quality and taste any that you might find in Germany or Austria. We should also mention Tom's herbal brandy, "Khao Lak Master", which is served after meals, and has achieved cult status with many regulars.

DECOR & VIBE

In keeping with Tom's Bavarian roots the decor is simple and unfussy. An open-sided eating area features a mix of bamboo and wooden tables amid clusters of tropical plants. Overall the atmosphere is one of friendly functionality.

A highlight for sports fans is the large-screen TV in the bar area where Tom shows live Bundesliga soccer and Formula One races.

SERVICE

Tom oversees an efficient 'front of house' ably assisted by local staff whom he proudly tells us have worked with his family from the restaurant's opening day. Tom's two daughters Jenny and Jody also regularly help out whenever needed. Tom is also a great source of information and tips about the region and offers some unique local tours.

VERDICT

Open since 2009, the 'home away-from-home' family atmosphere and good food has established the Bavaria House as a popular dining choice for a German/International clientele, both young and old. Well suited to families with children.

GETTING THERE

Heading north from the town centre on Highway 4, turn left immediately after you pass the Bang Niang market area and '7-11' store, down the small Bang Niang Beach Road ('Food St.'). The Bavaria House is about 300m down the road on your right hand side.

For more dining reviews and listings:

VISITKHAOLAK.COM

Capturing Khao Lak

Khaolak magazine

2014 Readers' Photography Competition

Khao Lak is without a doubt one of Thailand's most photogenic regions - and memories captured on camera here will last a lifetime.

Now you can share your best shots of Khao Lak - and win a FREE 7-day stay at a luxury resort in the region, plus other great runners-up prizes...

Putting Khao Lak in the frame

We know many readers enjoy capturing on camera the inspirational sights and special moments that a stay in Khao Lak provides.

So if you have a photograph taken in or around the Khao Lak region that you are especially proud of, why not enter our new competition?

Every issue we will publish the winning photograph and a selection of runners-up. It takes time to process the entries and we may also hold some winning images back if they are relevant to a particular event or issue, so don't be disappointed if your photograph is not published right away.

We may also use your photograph (with the appropriate credit, of course) to illustrate other features in the magazine - so even if you don't win the competition you can still have the thrill of seeing your photo appear in print!

And while our readers are enjoying your photograph, the winner each issue will receive dining vouchers worth 3,000THB for use in selected Khao Lak restaurants.

Even better, at the end of the competition we will select a shortlist of the top 12 readers' photographs and the winning photographer will receive a FREE 7-DAY STAY at a luxury beach resort in the Khao Lak region - with other great prizes for the runners-up.

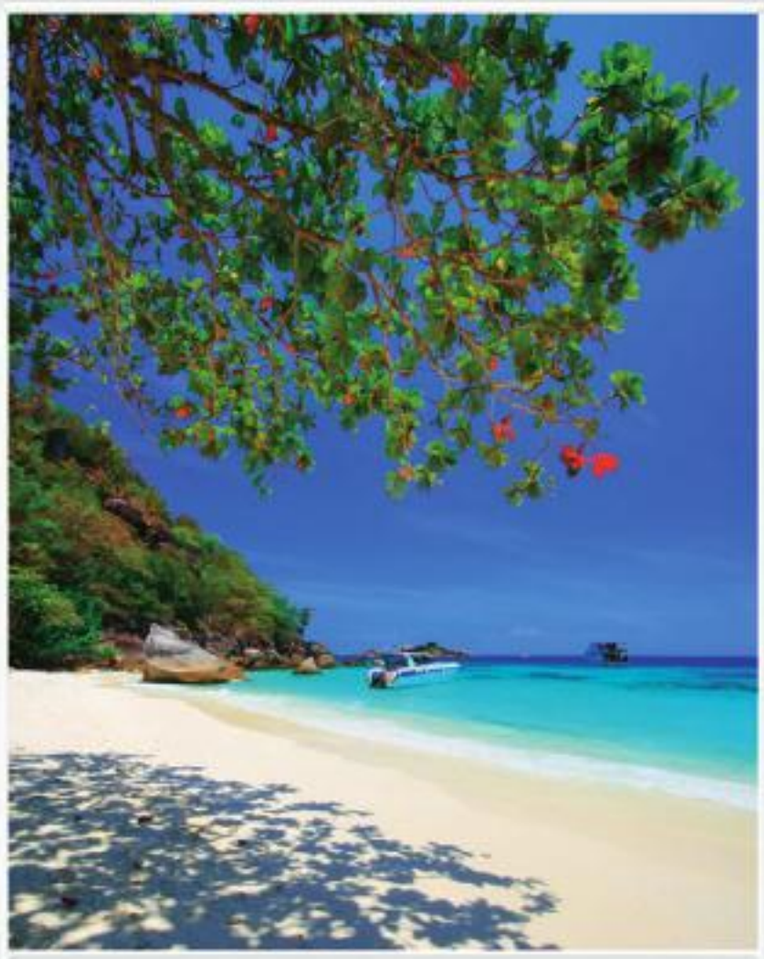
How to Enter

Simply send us an email by April 30, 2014 to myphoto@visitkhaolak.com and:

1. Tell us your name, age and nationality

2. Tell us when, why and where in the Khao Lak region you took the photo(s). Maximum 3 photographs per entrant.

3. Attach a copy of your photo(s) to your email NOT larger than 500kb



"...we may use the best reader shots to illustrate other features of the magazine, so even if you don't win you may still have the thrill of seeing your photo in print"

COMPETITION RULES

1. The competition is open to both amateur and professional photographers
2. Digital images only must be supplied by email
3. Entries may be in colour or black and white
4. Maximum 3 photos per entrant
5. Entries must be emailed to: myphoto@visitkhaolak.com
6. Photographs must have been taken by the entrant
7. Any people in a photograph must give their permission for their portrayal in this medium
8. Closing date for entries is April 30, 2014
9. Photos and files will NOT be returned - please DO NOT send originals
10. A winning photograph, and a selection of runners-up photographs will be chosen from the previous period and published in the next issue of the magazine. The winner each issue will receive dining vouchers by email worth 3,000 THB and valid for 12 months, for use in selected Khao Lak restaurants
11. The winning photographs from each issue will then be put to a public vote and then judged by our in-house panel. The overall winner will win a free 7-day stay at a luxury Khao Lak beachresort
12. The winner will be announced in June 2014
13. The judges' decision is final. No correspondence can be entered into about competition entries
14. All submitted entries become the property of Quality Holdings Co., Ltd. upon receipt and we reserve the right to use entries for commercial purposes and/or to publish any entries in any form and at any time, including on our websites, free of charge. Photographs will be credited to the photographer and captioned appropriately.

spa la casa

Casa de La Flora, Bang Niang Beach, Khao Lak.

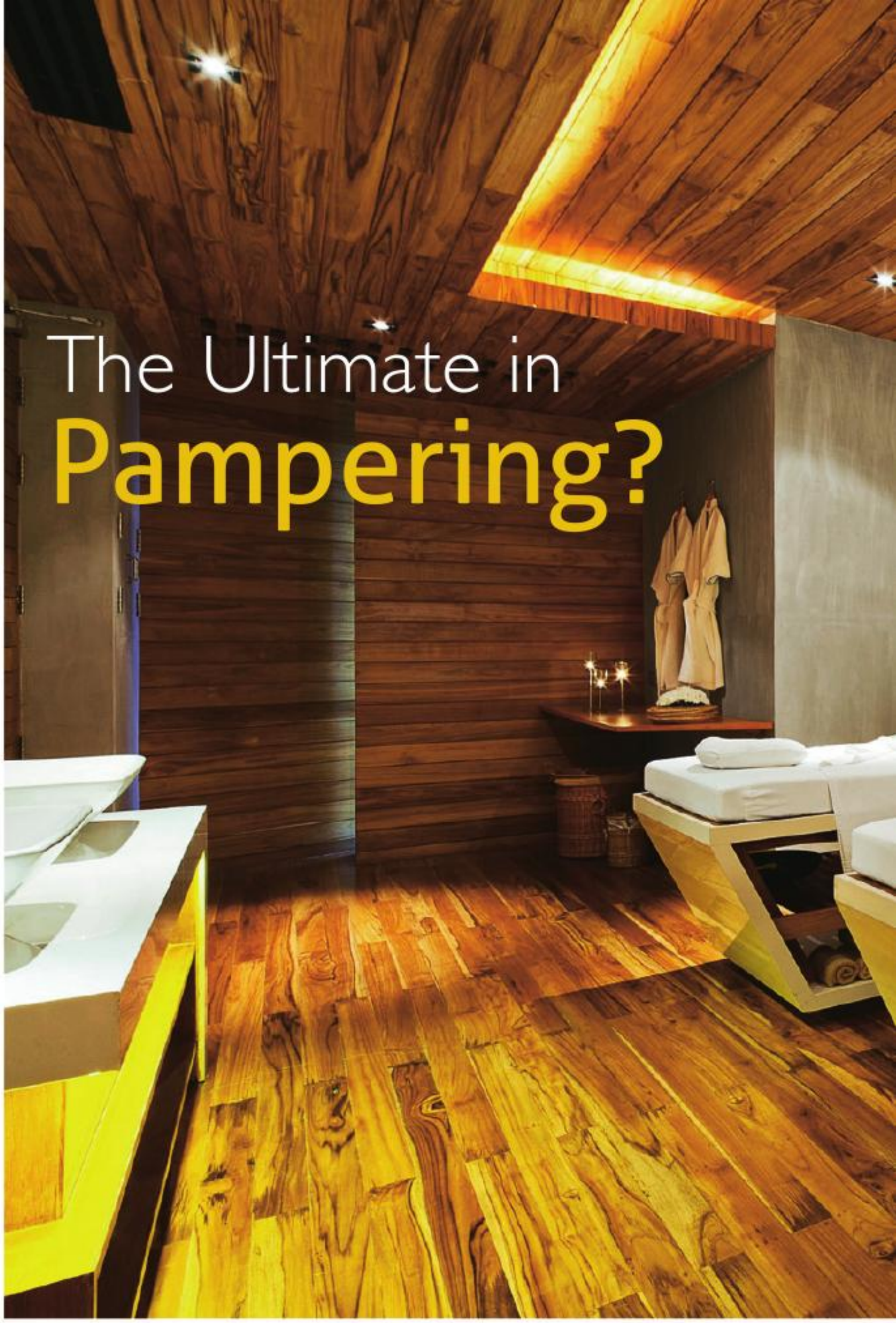
Zone:
Central Khao Lak (Bang Niang)

Opening Times:
Open daily 10.00 - 21.00hrs

Website:
www.casadelaflora.com

E-mail:
info@casadelaflora.com

Phone:
076 428 999
Reservations Advised



We take you inside the spa of one of Khao Lak and Thailand's leading hotels...to discover pampering on a whole new level.

Casa de La Flora is famed for being one of Khao Lak and Thailand's most exclusive boutique resorts, but it also includes a lesser-known, yet equally impressive, gem - the **spa la casa.**

DECOR

Like the resort itself, the spa exudes a sense of understated elegance and meticulous attention to detail. Smooth concrete surfaces are offset perfectly by the natural beauty of rich wooden flooring and wall panels - a theme repeated throughout the resort to striking effect. The simplicity of the interaction between these contrasting materials provides the perfect backdrop for the stunning pieces of sculpted bamboo wall art from internationally acclaimed Thai artist Korakot Aromdee, handmade under his supervision by members of his local village to sustain their community.

The result is a triumph of cutting-edge hospitality design that has seen the property win several top international awards since it first opened it's doors in March 2011.

ABOVE:
A private treatment room at ***spa la casa***

FACILITIES

Exactly what you would expect in a world-class spa. Private treatment rooms complete with en suite steam rooms and baths, including a 'couples' treatment room (main photo) where partners can be pampered side-by-side. The spa is also one of the first in Khao Lak to feature an infra-red sauna - a healthier, hi-tech alternative to the traditional 'hot rock' versions.

SERVICE

Polite, professional and incredibly attentive. Spa manager Khun Jum (see next page) has spent years working in some of the world's finest spas and it shows. She heads up a delightful team whose sole aim in life appears to be making you feel like the most important guest they have ever had the pleasure to serve.

Indeed, as in the rest of the resort, the whole service ethos here is based around the concept of 'tailor-made', so your exact needs and preferences will be discussed, assessed and provided for (based on your age, diet, skin-type etc.) before your treatment even begins. This highly skilled, customised service balances mind and spirit and imparts an extraordinary sense of wellbeing. Which raises the question… could this be the ultimate pampering?

" …if you want to experience at least once in your life what 'ultimate pampering' feels like, the ***spa la casa*** *must be one of the more affordable ways to find out…"*

SAMPLE TREATMENTS & PRICES

Anne Sémonin Phyto-Aromatic Body Massage: 60min. 2,500++
A tailor-made full body massage combines classic Anne Sémonin techniques along with a personally prescribed blend of intensive complexes and warmed botanical oil. After your initial consultation, your therapist will mix and blend aromatic oils for you.

Cryotherapie Age-defying Facial 60min. 3,800++
A contouring and firming facial designed to combat the visible signs of ageing; excellent for mature, dry and dehydrated skin.

Soul Foot Therapy 45min. 1,700++
An intensive conditioning and perfecting foot treatment using stimulating Mountain Oil, Seaweed Powder and aromatic salt exfoliation, finishing with a brightening and clarifying foot mask. The feet are left revitalized, super soft and smooth.

HOW TO BOOK

Email **info@casadelaflora.com** for advance reservations or call them on **076-428-999**

OPPOSITE: *The sense of serenity in your private bath is irresistible. The only sound is the quiet bubbling of the water fountains...like a distant spring flowing down a mountainside.*

ABOVE: *Treatments are 'tailor-made' to suit the specific needs and preferences of each guest and are of the very highest quality - including the same Ann Sémonin face cream range used by Brad Pitt and a host of other Hollywood celebrities.*

EXCLUSIVE 'EARLY BIRD' READER OFFER

FREE SAUNA!

Mention Khaolak Magazine when you book any treatment between 10.00 - 14.00, and get a FREE 30-minute Aromatic Thai herbal steam or Infrared sauna.

DID YOU KNOW?

Jutamas 'Jum' Saweksakorn, the newly-appointed Spa Manager at **spa la casa**, was born and raised in nearby Takua Pa, yet she brings more than twenty years of top-level international experience to her new position.

After leaving school, Jum left home to train as a spa therapist in Phuket. Her exceptional ability was recognised early on and she eventually rose to the very top of her profession. As a result, she has worked in some of the world's best spas - from the Seychelles to the Maldives.

'Even now I still regularly receive very lucrative offers to work abroad' she tells us, 'but at this stage in my career it's more important to me to be here so that I can share my skills with the next generation.'

'My dream is to train world-class spa therapists from my local community and to help build Khao Lak's reputation as a centre for spa and wellness excellence.'

GETTING THERE

Turn left down Bang Niang Beach Road, immediately after the '7-11' store at Bang Niang market. Drive almost to the very end of this road and then turn right onto the road running parallel to the beach. Casa de La Flora is 300m or so along there on your left hand side

For more Khaolak spa information:
VISITKHAOLAK.COM

a moment
in time at...

Cheow Lan Lake,
Khao Sok National Park

LORD OF THE RING

Local Thai boxing legend "Tuk" Chokkeau is one of the nicest guys you are ever likely to come across - just so long as you don't meet him in the ring...

Local Thai boxing hero Pricha "Tuk" Chokkuea is the co-owner with his wife Diana of the recently-opened Rawai Muay Thai Khao Lak, a traditional Thai boxing gym and training camp.

Born and brought up in Thap Lamu (southern Khao Lak) before moving to Bangkok at the age of twelve, Tuk's story is truly inspirational.

Born into poverty and one of four brothers, Tuk first began Thai boxing when he was just eight years of age, and never looked back.

After years of training and dedication he rose through the ranks to the very top of the sport and participated in fights that were shown on television nationwide.

During this time Tuk met Diana Campillo, a visiting PhD candidate from Mexico. The couple fell deeply in love and married, after which both their lives took a new turn.

In 2003, the couple opened Rawai Muay Thai, a Thai boxing gym on Phuket to teach Muay Thai to visiting foreign students.

They were one of the first places in Phuket to do so but the risk paid off handsomely - and their shared passion for both Thai culture and Muay Thai saw their business go from strength to strength. Their vision of linking Thai boxing to the tourism market also paved the way for a new breed of young Thai entrepreneurs to prosper, coinciding as it did with the start of Muay Thai's meteoric rise in popularity globally.

Since those early days they have trained hundreds of foreign (and Thai) apprentices and led their best champions to battle across Asia and beyond - from the famed Lumpini Stadium in Bangkok to arenas in Malaysia, Singapore, Indonesia, Hong Kong and Australia.

Recently Tuk returned to his roots by moving back to Khao Lak with Diana and their two young children, intent on repeating the success of their Phuket venture. The result is Rawai Muay Thai Khao Lak - where already they have 15 trainers and 10 staff to cope with the booming visitor demand.

This well-equipped traditional Thai boxing gym offers individual and group Muay Thai training to visitors along with comfortable accommodation and related facilities - and can even arrange real bouts for their most promising students at the Khao Lak Boxing Stadium (behind Bang Niang Fresh Market).

Just so long as it's not Tuk waiting for them in the ring, I guess they stand a chance…

To learn more on Rawai Muay Thai Khao Lak visit **www.RawaiMuayThai.com**

DID YOU KNOW?

- "Tuk" got his nickname for a very simple reason - he was actually born in a tuk-tuk on the way to the hospital!
- Rawai Muay Thai Khao Lak offers free training and sponsorship to local kids - to help keep them out of trouble
- 40% of Tuk's visiting Thai boxing students are women

After Dark

A guide to Khao Lak bars & nightlife

Visitors coming to Khao Lak expecting to find the kind of raunchy nightlife seen in some of the larger Thai tourist destinations will be sorely disappointed.

Instead, the vibe in Khao Lak after dark is more akin to that of a small village rather than a racy metropolis, and generally a leisurely walk around town after dinner and perhaps a cocktail or two are the order of the day for most visitors.

Many European guests also like to retire early to their hotels armed with takeaway beer from the '7-11' and sit and enjoy a drink with friends on the balconies of their rooms.

So even at the height of the tourist season by 11p.m. the centre of Bang La On will be almost deserted, except for a handful of bars where a few customers will drink and perhaps watch live music or a fire show.

That said there are a few venues where visitors can party into the early hours... whilst trying to forget, of course, that 08.00hrs day trip they have planned for the following morning.

Once a month in high season there are usually also one or two very small-scale 'Full Moon Party' events hosted by one or more of the beach bars in the region.

BARS

Never rowdy, Khao Lak has numerous small friendly bars where it's easy to chat with the owners or enjoy a drink with family and friends without any hassle. Many visitors return to their same 'local' year after year, but if you want to move around it's easy in the central areas to walk from one to another.

LATE NIGHT EATS

Mr Aek Restaurant is one of the few spots to get some fresh Thai food prepared throughout the night and is popular with locals. On the mountain side of Highway 4 halfway between Khao Lak town centre (Bang La On) and Bang Niang. Open daily from 17.00 - 05.00.

Bella Ciao Italian Fast Food in Bang Niang opens from 13.00 - 01.00 daily and has pizza and pasta to eat in or takeaway (for delivery call 086-324-0378). Coming from the 7-11 by the market area on Highway 4 it is on the left hand side of Bang Niang Beach Road about 20m past Sawasdee Restaurant.

THAI-STYLE NIGHTCLUB

Zantika Nightclub is a few hundred metres North of the Bang Niang Beach Road turn-off (7/11) on Highway 4, on the same side of the road. Aimed more at the local Thai market than Westerners, the disco is still popular with a core of visitors wishing to party into the early hours. As in most provincial Thai discos, a live house band on stage is a regular feature - as are the earsplitting decibel levels they perform at. Starts filling up from about 23.30.
Open nightly until very late.

FEATURED LIVE MUSIC VENUE

Happy Snapper lies just north of the town centre and is a well-established Khao Lak institution. When it comes to live music during High Season (Nov - May), this is the place to go. Owner and bass guitarist Khun Pitak and his house band rock the place six nights a week from 22.00 'til 01.00 - with a house DJ taking up the slack on Sundays. Especially popular with the diving and backpacking crowd, so be warned - it's often standing room only if you arrive late. Simple BBQ food (fried chicken etc.) is available just outside the front door for hungry partygoers. Open nightly from 20.30 - 02.00.

GETTING THERE

Walk or drive north (towards Bang Niang) along Highway 4 from Bang La On/ Nang Thong town centre for 200m or so and you will see Happy Snapper on your right, close to the SCB Bank branch.

MOO MOO CABARET

Moo Moo Cabaret Show & Bar is located in Bang Niang, beside the bridge on the beach side of Highway 4. Khao Lak's answer to Simon Cabaret in Phuket, this daily cabaret show features lip-synching ladyboys in glamorous costumes. The show starts at 21.45 daily and entrance is free.

KHAOLAK Bar Guide

A small selection of visitor-friendly bars in the central Khao Lak area.

CENTRAL KHAOLAK (BANG LA ON)

Monkey Bar is a popular little bar about 20 metres on your left inside Soi Wan Tau, a narrow unpaved street off Highway 4, almost directly opposite McDonalds in the town centre. Expect live music here, plus friendly owners and staff who ensure that everyone has a good time. Open 16.00 - 02.00 daily.

Dream Bar is at the southern end of the town centre alongside the main road, just a few metres north of the Grand City Hotel. Great-tasting, inexpensive cocktails and a friendly, engaging boss, Khun Lek. Great spot for people watching and a pleasant place to sit outside in the afternoon for a cold one. Open 15.00 - 02.00 daily.

Tarzan Bar is in the town centre on the left hand side of Highway 4 as you head north, about 50m past Nang Thong supermarket. Quality furniture and decor and an attractive first-floor balcony area, the bar has been a popular visitor spot for years. Open daily 15.00 - midnight.

CENTRAL KHAOLAK (BANG NIANG)

Piranha Bar is on Bang Niang Beach Road almost directly opposite the entrance to Mukdara Beach Resort. Small, cool and funky, with quirky decor that works. A likeable, larger-than-life owner welcomes each and every guest and polite, friendly staff add to the vibe. An array of games and puzzles are also on hand to break down any language barriers. Open nightly 18.00 'til late.

One Two Bar ('Twelve Bar') is in Emerald Plaza, the small open-air shopping plaza situated almost opposite the Mukdara Beach Resort entrance towards the beach end of Bang Niang Beach Road. It has a laid-back setup and a pool table. Acoustic live music features during high season (Nov-Apr). Open nightly from 22.00 'til late.

Chok Dee Restaurant & Bar on Bang Niang Beach Road (opposite Bavaria House Jane Isaan) is newly-opened and has a first for Khao Lak - not just cocktails but buckets (Sang Som/Coke, Vodka/Red Bull etc.) that you can share with your spouse or drinking buddies - always a good one for the photo album back home! The restaurant there serves good Thai food from 13.00 - 22.00, whilst the bar opens 13.00 - 01.00 daily.

Mars Bar & Café See the review on page 68

For more nightlife listings and info:

VISITKHAOLAK.COM

Mars Bar & Café

Bang Niang, Khao Lak

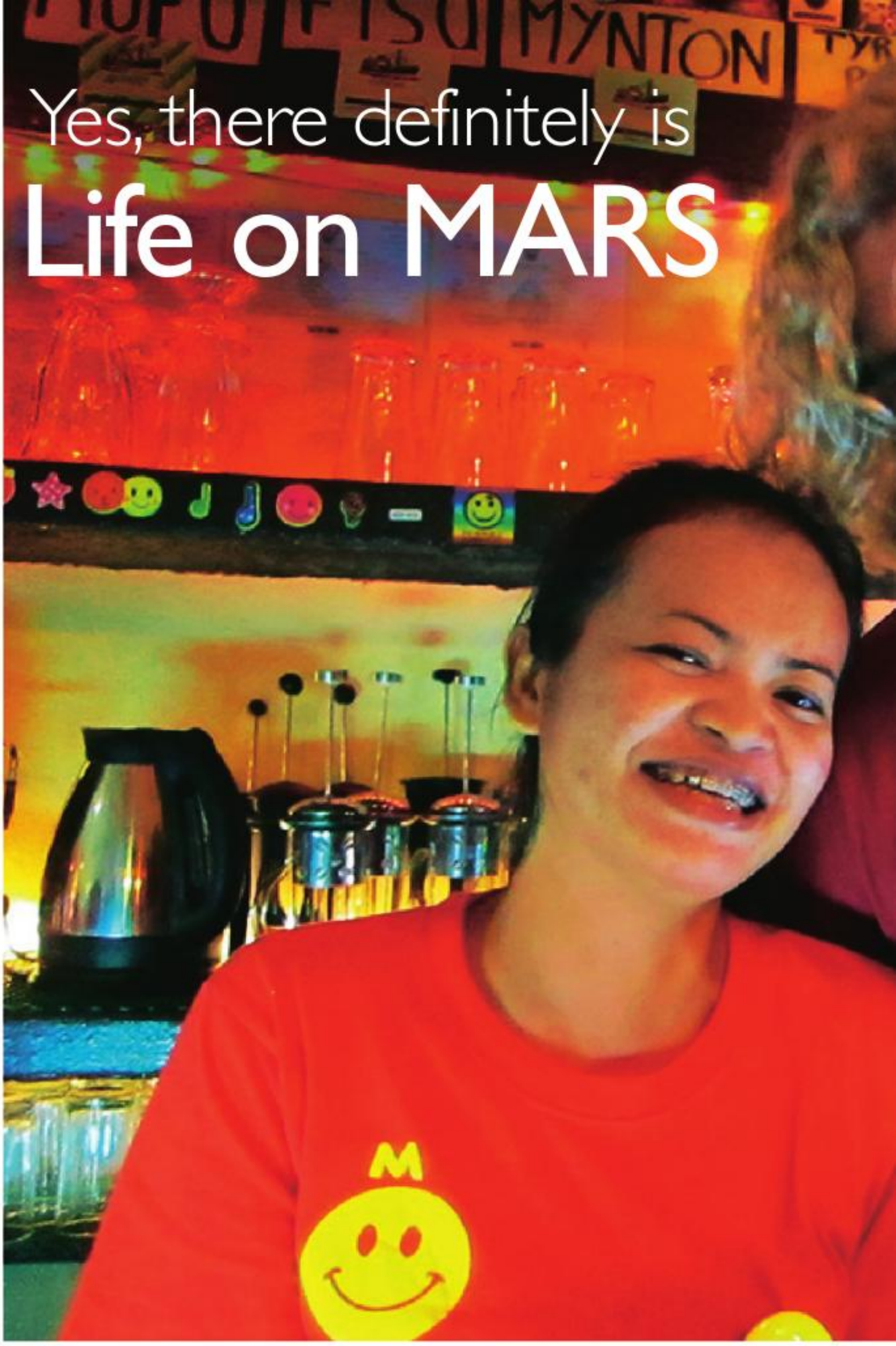
Map Zone:
Central Khao Lak (Bang Niang)

Business Type:
Bar serving food

Opening Times:
Open daily 09.00 - 01.00hrs

Website:
www.marsbarcafe.com

Phone:
084 746 5951



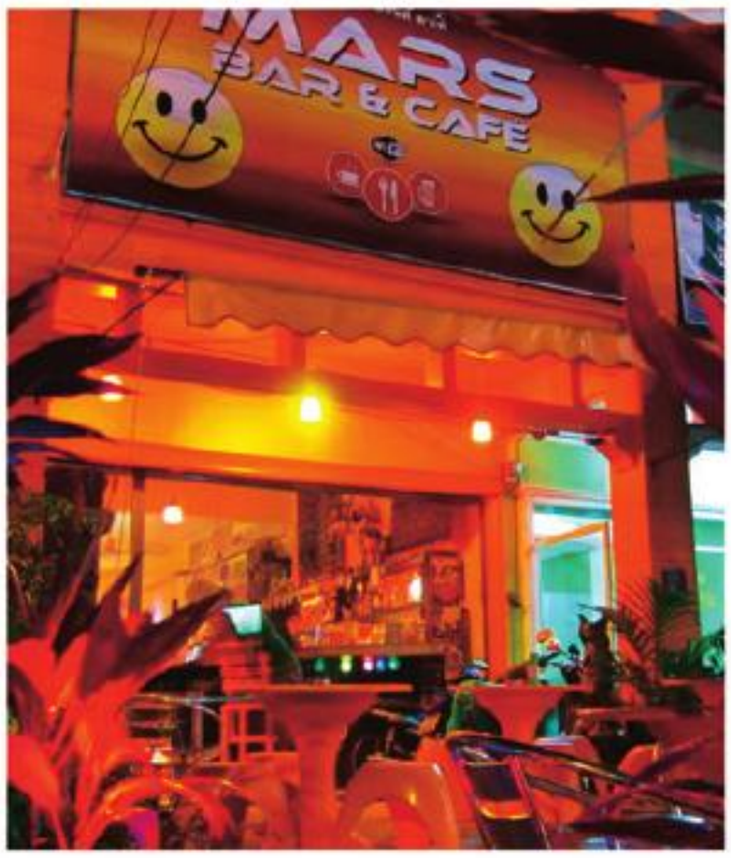
Open for a couple of seasons now, Mars Bar is the brainchild of long-term Khaolak resident Marcel Evans (or 'Mars' as he is known to one and all, hence Mars Bar... geddit?) and his lovely wife Khun Maem.

Located alongside Highway 4 in Bang Niang, just a short stroll away from the Police Boat memorial and the market, Mars Bar is one of Khao Lak's most popular hangouts...and as soon as you walk in it's easy to see why.

YOUR HOSTS:

Originally from Derbyshire in northern England, Marcel's easy charm and relaxed good humour creates an almost instant camaraderie with new customers, to the extent that even after a first visit it's not unusual for patrons to leave feeling like they just made a new best friend. That's Mars for you, and explains why the man is a legend amongst his band of loyal regulars.

As well as being a fun guy to hang out with, Mars' genuine concern for taking care of his customers really shines through. With Khun Maem's help, and assisted by their friendly staff, you really get a sense that nothing is too much trouble for them when it comes to making customers happy.



THE VIBE:

Always relaxed and friendly, and often great fun. Whether it is just a drink and chat at the bar, an informal meal or some quality time on the sofa reading a book or watching the latest sports on TV - as Mars likes to say, there's something for everyone.

And if you ever tire of the usual beers, spirits, soft drinks and cocktails on offer, there are also Mars' infamous homemade shooters to consider - if you are brave enough!

CENTRE: Your hosts, Marcel and Maem

ABOVE: Simple, but tasty menu

LEFT: Look for the 'smiley-face' and you've found the bar

THE FOOD:

Dining at Mars Bar is an informal and unpretentious affair consisting of simple, wholesome 'pub-style' dishes served with a smile.

Of course, it wouldn't be Mars Bar without a few little surprises. Example? How about one of Mars' best-sellers, a Massaman or Thai Green Curry pie with French fries (or 'chips' as Marcel insists on calling them).

The end result is a menu that appeals to both expats and visitors, as well as several Thai regulars.

OUR VERDICT:

Every visitor to Mars Bar & Cafe is made to feel very, very welcome. Add to that casual dining, funky decor and some great music, and what's not to like? The bar always ranks highly on review websites and is usually terrific fun, especially after dark.

Watch out guys...it's LADIES NIGHT!

Every Thursday it's Ladies' Night at Mars Bar - which means halfprice spirits for the ladies...and for any gents who make the effort to dress up as one for the night!

Basically, it's all a lot of fun and a great atmosphere and Mars invites you to pop along any Thursday night and check it out for yourself.

THE CROWD:

An eclectic mix of local expats, tourists and regulars. Marcel prides himself on the fact that absolutely everyone is welcome to join the fun at Mars Bar - any age, any style, from anywhere. So don't be surprised once there to overhear a Finnish Dive Instructor conversing in English with a Korean honeymooner on the merits of the English Premier League, for example - it happens!

GETTING THERE

Head north from Khao Lak town centre (Bang La On) on Highway 4 (the main road) for about 1.5km until you pass the R.T. Hotel on your right . Mars Bar is another 150m or so on the right before the bridge - just look for the 'smiley face' sign!

For more on Mars Bar and reviews of other local hotspots:

VISITKHAOLAK.COM

Rescuing Khao Lak

Our featured community heroes this issue are the men and women first-responders of the Khao Lak Rescue Volunteers Organization

Holidaymakers travelling abroad tend to take the existence of an ambulance service for granted, much as they would in their home country.

However, you may be surprised to learn that in Thailand this service is for the most part not provided by national or local government, but by dedicated groups of volunteers.

We sit down with the spokesman of one such local group, Stephan Dietrich, to find out more...

ABOVE: Stephan Dietrich, with colleagues from Khao Lak Rescue Volunteers Organization

So Stephan, what does the Khao Lak Rescue Volunteers Organization (KLRVO) do?

We provide first aid and secondary care to any kind of accident or incident. Patient transport to Takua Pa hospital is always free of charge.

As well as the medical help we provide we get called out to everything from fires and flooding to sea search and rescue for missing swimmers. We even get asked to catch unwanted snakes on owners' properties occasionally.

When did the KLRVO start and whose idea was it?

The KLRVO was founded by Khun Sippawit Meechamnaan, a local businessman here in Khao Lak, about eight months after the 2004 Tsunami which, as everyone knows, completely devastated the region.

Thanks to his boundless energy, spirit and financial support the survival rate of accident victims in our area increased dramatically.

Where are you based and what area does your group cover?

We are based in Khuk Khak opposite the entrance to the JW Marriot resort. The rescue station is based there in case there was ever another natural disaster such as a Tsunami, so the station could remain operational.

We normally cover from the Khao Lak Lamru National Park Headquarters at the crest of the highway over the mountain and Sunset Beach below up to the reservoir just past Bang Niang.

We also assist Sawang Khuk Khak and Rescue Pak Weeb to cover any of the Khuk Khak and Pak Weeb areas if those teams are not available or need assistance.

What vehicles and equipment do you have?

At present we have two vehicles which have been modified as ambulances. Both are equipped with oxygen, Spinal Boards, Ambu-Bags, Collars, KED's, and First Aid equipment. One of these vehicles has also been specially equipped with an oversized oxygen tank large enough to provide sufficient oxygen for transports to Phuket or beyond.

Is it true that you operate without government help?

Yes, that's absolutely true - and that's the same throughout Thailand - the vast majority of rescue vehicles are privately funded and operated.

Some organizations such as ***'Kusoldharm Foundation'*** in Phuket are sponsored by individuals and companies so they usually have the newest ambulances and the best equipment.

So who pays your wages and for all the equipment KLRVO uses?

I get asked that a lot! Actually, everyone working for Khao Lak rescue is an unpaid volunteer and we all have full-time jobs in unrelated fields - from crane drivers and construction workers to hotel industry employees.

Our founder, Khun Meechamnaan, sponsored the very first set of first aid equipment, telephones, walkie-talkies and other necessary instruments from his own pocket and he continues to do so today.

The rest of our funding comes from volunteers' pockets topped up with any donated money or equipment from outside sources.

themselves until rescue arrives - making our early arrival at the scene even more vital.

Can our readers support Khao Lak Rescue's work?

Yes. Donations are always very welcome. Anyone interested in supporting us with funds or equipment can contact me, in English or German, on **083-176-5873**.

How many volunteers are there then? And how well-trained are they for the job?

We have about 15 volunteers. All KLRVO volunteers need to undergo a medical first aid training course organized by Takua Pa Hospital. In addition, we are trained by the local police on how to handle traffic etc. to protect ourselves in the field.

As for me, I first completed my 7 month community service at the ***'Herzzentrum'*** in Dresden, Germany. After that I started my diving career where I became an Emergency First Response Instructor. I also did more medical training where I learned to collect blood, stitch wounds, infection control, administer medical fluids (IVs) and more.

Does KLRVO liaise with the Police and Medical Services?

Yes. If there is an accident mostly we get called first then we will radio the police for assistance, but sometimes it is the other way around. If we have a patient who is severely sick or injured we call the hospital ambulance for assistance and meet it half way.

In Thailand a doctor is never called out for such cases. Based on an American model called '***Scoop and Run***' the doctor waits for the patient at the hospital.

What vehicles or equipment do you NOT have that you need?

Because we have to provide all of the equipment the best we can and raise the funding for it, we can't get the best equipment available on the market or have a proper ambulance. This is one of our priorities if we have the funding in future.

We also worry about the increasing number of car accidents. So far we have been able to get victims out of their cars but one day this may not be possible as we do not have equipment to cut people free from their vehicles. Again this is something we are aiming for but it will require raising more funds.

Finally, is there anything you'd like to add?

Yes. People sometimes complain that the sirens on our vehicles disturb them, but they need to appreciate that without the siren we would not be able to make it so quickly to the scene of an accident - which can mean the difference between life and death, especially in cases where the patient is unconscious or losing a lot of blood.

Unlike some countries, there is no law in Thailand which says a bystander needs to help an accident victim, so we find that patients are often left by

Emergency Numbers

Khao Lak Rescue

1669 or 083-176-5873
(German/English)

Stephan Dietrich
free transport to Takua Pa Hospital

EDITOR'S NOTE:

On behalf of all the residents of Khao Lak and our visitors from around the world, Khaolak Magazine and VisitKhaolak.com would like to express our sincere gratitude to Stephan and his fellow volunteers for the vital service they so selflessly provide.

To assist them further we have donated 10,000 baht to this worthy cause, and intend to promote and support their fundraising efforts in future issues.

Khao Lak's Day-Trip Specialist No.1

iq-dive.com

DIVE™ You can find us opposite MC Donalds

- Day trips to Similan Islands
- Liveaboard Agency
- Snorkeling Trip's
- Padi Courses
- Wreck Diving
- Free Nitrox

Tel: 076 485 614

info@iq-dive.com

www.marsbarkhaolak.com

MARS BAR & CAFÉ

Home-made English Food

WiFi

Cheaper than Hotel

License no.33/04804 ซีพเพอแธนโฮเทลทราเวล 16/10 Travel

TAXI@BOSS

Mobile 085-7861378 / 086-2766479

facebook / Thanabodee Krongyut

Email : cheaperkhaolak1@gmail.com

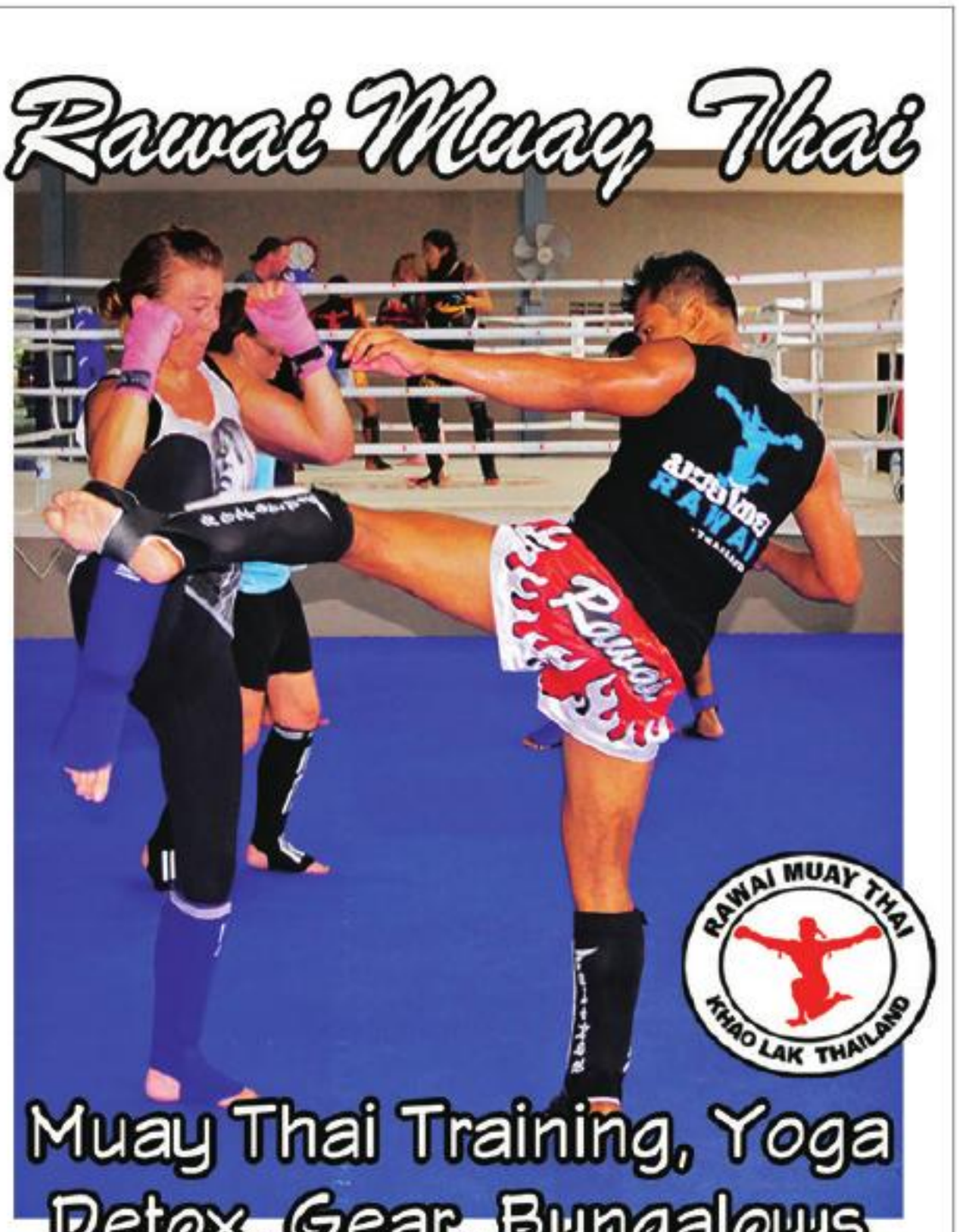
Standard car

Executive car

Luxury SUV

Minibus

Rawai Muay Thai



RAWAI MUAY THAI KHAO LAK THAILAND

Muay Thai Training, Yoga

Detox, Gear, Bungalows

www.rawaimuaythai.com/khaolakgym/

Phone: 081-476-9377; 076-486-841

4you OPTIC

Your Progressive Lenses **Specialist**
IHR SPEZIALIST FÜR GLEITSICHT GLÄSER

- We are specialists in progressive lenses.
- We do prescription glasses, sunglasses and contact lenses
- We have Free Eye Examination with licensed Doctors of Optometry
- We have top of the line visual equipment
- We have wide selection of frames and sun glasses with European quality and design
- We are much cheaper comparing to Europe!

KHAOLAK BRANCH

4/97 Moo 7, Khukak, Takuapa,
Phang Nga 82190

Tel./Fax: +66 76 485 102

SUN FLOWER Cooking Class!

Enjoy a friendly Thai cooking class in a tropical garden! Our class is in English with an expert Thai cook and costs just 1,500 bht per person. To book:

Email: p.khaolak@yahoo.de
Call: 086-281-5103

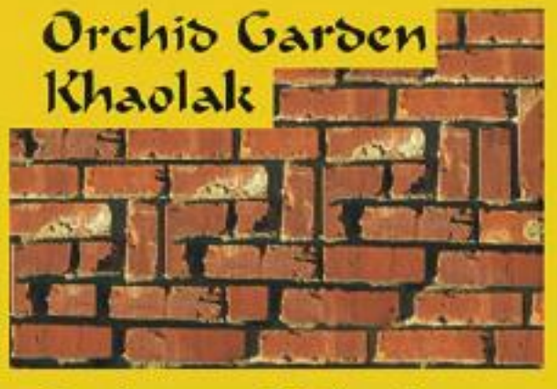
Butterfly Farm Khaolak

Free-flying Butterflies in a Tropical Garden
Sale of Exclusive Souvenirs

Magnetic Butterflies, Postcards, Jewellery, Sticker, Stuffed Butterflies

Butterfly Farm Khaolak is located on Petchkasem Road
Opposite the PTT petrol station in Khuk Khak GPS: 8.693200, 98.257100
Open daily from 09:00 to 17:00 from 01 Nov to 30 Apr, Tel. 08 9988 5422

Orchid Garden Khaolak



Exhibition of Native Orchids of Thailand
Sale of Exclusive Souvenirs

Orchid Bottles, Books, Perfume, Jewellery, Postcards, Artificial Orchids

Orchid Garden Khaolak is located on Petchkasem Road
Opposite the PTT petrol station in Khuk Khak GPS: 8.693200, 98.257100
Open daily from 09:00 to 17:00 from 01 Nov to 30 Apr, Tel. 08 9988 5422

Bussaba

THE THAI RESTAURANT

Thank you :)

Award-winning Thai & Western food since 2008.

Find us opposite McDonalds in central Khao Lak. Open Daily 13.00 - 22.30 hrs
Reservations 076 485 349. Groups welcome. For taxi: ร้านอาหารบุษบาอยู่ตรงข้ามกับแมคโดนัลด์

Bussaba Thai Restaurant Preisgekrönte Thailändische und Internationale Küche seit 2008
Gegenüber von McDonalds, central Khao Lak. Täglich geöffnet von 13.00 - 22.30 Uhr. Für Reservierungen bitte 076-485-349 anrufen. Gruppen sind herzlich willkommen.